

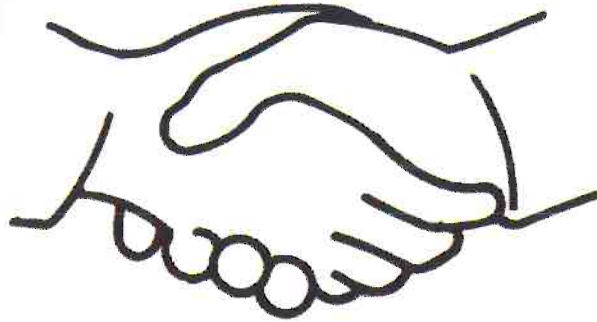


Thurlestone

NewsMagazine

April 2011





Mission Statement

To promote Unity and Participation

To Inform and Entertain

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Committee Members

Janice Hardacre
Jewel Stephen

Acknowledgements:

Thanks to all those who helped make this issue possible!



Notes from the Editor

April, 2011

Spring is seen as a time of renewed energy, growth, fitness and health, new hobbies and outdoor activities ~ and the chance to clean up and declutter. Our “green” issue has lots of information about cleaning up, both inside and out, a trip down memory lane before we had all the gadgets and gizmos and the celebration of the Earth.

We’re looking for the front cover of our next edition ! We have included a colouring page on the back cover and encourage all the children to put their best colouring skills to work! Please submit the page to the NewsMagazine mailbox before the end of April. Good luck! I can’t wait to see all the great work.

Keep those articles and recipes coming. Thank you to those who took the time to provide us with them. You can also send to our email address: t-nm@live.ca

Spring

Spring is a great time of year
Winter's gone, now all can cheer

Looking forward to summer, leaving behind the past
In a short time, glorious weather at last

Spring brings us flowers and life anew
All sorts of animals there to bid you ado

The spring gives us budding and trees that will turn green
Giving us a place where their welcome shade can be seen

Winter water rises to a pleasing temp
Spring truly is a time that's heaven sent

Spring passes quickly in weeks but a few
Then summer bursts in with all things anew

James Casey

Janice

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Board Mtg 7:00 pm	6	7	8	9 Membership Mt.g 9:00 am <i>Vimy Ridge Day</i>
10	11	12	13 Finance Mtg. 7:00 pm	14	15	16
17	18	19 <i>First day of Passover</i> 	20	21	22 <i>Good Friday</i>  <i>Earth Day</i>	23
24 Easter Greetings 	25 <i>Easter Monday</i> 	26 <i>Last day of Passover</i> 	27 NewsMagazine 7:30 pm	28 NewsMagazine 7:30 pm	29	30

Holidays in Canada in April 2011



-  **Vimy Ridge Day** (Saturday, April 9, 2011)
-  **National Wildlife Week** (April 10-16 2011)
-  **Palm Sunday** (Sunday, April 17, 2011)
-  **First day of Passover** (Tuesday, April 19, 2011)
-  **Earth Day** (Friday, April 22, 2011)
-  **Good Friday** (Friday, April 22, 2011)
-  **Easter Sunday** (Sunday, April 24, 2011)
-  **Easter Monday** (Monday, April 25, 2011)
-  **Last day of Passover** (Tuesday, April 26, 2011)

Vimy Ridge Day in Canada

Vimy Ridge Day is an annual observance on April 9 to remember Canadians who victoriously fought in the battle of Vimy Ridge in northern France during World War I. The day is also known as the National Day of Remembrance of the Battle of Vimy Ridge.

National Wildlife Week

Celebrate National Wildlife Week from April 10 to 16 2011

Canada's 397 million hectares of forest represent 10% of the world's forest cover and contain 20% of the world's freshwater. Forests cover more than half the country and are home to two thirds of our wildlife, but less than 8% of Canada's forests are fully protected.

We wish you a happy Passover. Gut Yontiff!

This Jewish festival, **Passover** commemorates the miraculous escape of the Jews from the clutches of the Egyptian Pharaoh, Rameses II over 3,000 years ago.

Traditionally celebrated for 8 days (7 for Reform Jews), Passover always Begins on the 15th day of the Hebrew month of Nisan.



Good Friday

Good Friday take place two days before Easter Sunday. This day Christians commemorate the crucifixion of Jesus Christ, one of the most important part in the Christian faith. It is a statutory holiday in all Canadian provinces and territories except Quebec, where it is partially celebrated.



<http://www.nationalwildlifeweek.com/> , *Timeanddate, The Holiday Spot*



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

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

Email us at: t-nm@live.ca



Congratulations

The winner of our two March contests is **Alba !**

DEADLINE for submission of answers to this issue's contest is April 26.

live now
be kind
share
ENJOY
create
smile
laugh
help others

WE NEED YOUR HELP!

We need a volunteer to deliver the NewsMagazine to the Folcroft location



Notes from the Co-ordinator's Desk



OFFICE OPEN

Monday to Friday,
1:00 p.m. and 4:00 p.m.

OFFICE CLOSED

Good Friday,
April 22nd, 2011

The Office is also closed to members and to the public every morning Monday to Friday. To reach the Co-ordinator during weekday mornings, please call 416-261-1110 and leave a message. Please note that morning and some evening appointments are available upon request.

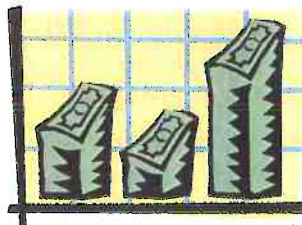
EMERGENCIES:

If you have a maintenance emergency and it is an evening, weekend, or holiday, or the Office is

closed and you have not received a prompt response to your message left at the Co-op Office at 416-261-1110, then please call and leave a numeric message with the On-Call Pager at 416-441-8360. If you do not receive a timely response to your page, then please contact your building's Board representative for assistance.

On-Call Pager

416-441-8360



HOUSING CHARGES JUNE 1st, 2011

Please be reminded that effective June 1st, 2011 the housing charge rates will be:

Fishleigh:

1 bedroom \$764.00

2 bedroom \$862.00

Folcroft:

1 bedroom \$1031.00

2 bedroom \$1108.00

3 bedroom \$1199.00

These housing charges were approved by the members at the General Members' Meeting that was held on March 23rd, 2011 and will take effect on June 1st, 2011.

Subsidies:

For those households who have applied for housing charge assistance (subsidy) for June 1st, 2011, please be reminded that unless you receive notice from the Co-op prior to May 31st, 2011 that you have been assigned housing charge assistance commencing June 1st, 2011, you will be required to pay the full market housing charges for your unit at the above new rates for June 1st, 2011.



Payment Options

As the new fiscal year of the co-op begins on June 1st, 2011, 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 on or before the 1st of the month.

Post-Dated Cheques:

Alternatively, you may submit a series of post-dated cheques from July 1st 2011 to May 1st, 2012 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 1st, 2011 must also include the increase amount to add to your Last Month's Housing Charge (LMHC) deposit in order to bring your LMHC deposit up to your new monthly charges level.

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 or cashed until the 1st of each month when they become due.

Cash:

Please note that cash payments are not permitted, at the recommendation of the co-op's Auditors because it increases our insurance liability. We would encourage members to choose one of the approved payment methods above.

Happy Spring 2011!

*Diana Hogan
Co-ordinator*

416-261-1110 (Office)
thurlestonecoop@roges.com
www.thurlestonecoop.com

BOARD OF DIRECTORS MEETING
THURLESTONE CO-OPERATIVE INC.
22 Fishleigh Drive, Unit 3
Scarborough, Ontario, M1N 1K8

December 16, 2010

Present: Pam Syvret (left at 9:30 p.m.), Elaine Richard, Deanna Stuckless, Lois Logie, Michael O'Donnell, Kelly Herman and Diana Hogan

Regrets: Melanie Lyle, Shannon Doyle, Anita Lowe

Recording Secretary: Michael O'Donnell

President: Lois Logie

1. Call to Order

Meeting was called to order at 7:15 p.m.

2. Approval of the Agenda

MOTION TO APPROVE THE AGENDA (as amended)

MOVED by Kelly SECONDED by Deanna CARRIED.

3. Appointment of Delegate and Alternate to CHF and CHFT

To put to the General Membership. Kay Witcher will be approached by the Board first.

MOVED by Pam. SECONDED by Deanna. CARRIED.

4. Adoption of the Minutes

28th September meeting minutes approved

MOVED by Pam SECONDED by Mike CARRIED.

26th October 2010 meeting minutes deferred.

16th November 2010 meeting minutes deferred.

5. Business Arising from the Minutes:

Sept 28th re: 9.2 - 3 Bathroom Renos to started mid-Jan. and finished by early February.

Sept. 28th re: 9.2c - To be completed on Monday, 20 December 2010.

Sept. 28th re: 9.2e - Backflow flow preventers have been installed.

Sept 28th re: 10(b) - Debb Suddard from 4A has agreed to Unit Inspection Chair.

Oct. 26th re: 8(d) - Encroachment at Fishleigh Drive issue is ongoing.

Nov. 16th nothing arising.

6. Confidential Section - See Confidential Section

7. Co-ordinator's Report for Board Meeting - December 16th, 2010

7.1. Administrative Update

a) Request to take three days off over Christmas thereby closing the Office from Friday, December 24th, 2010 and re-opening Monday, January 3rd, 2011.

MOVED by Deanna SECONDED by Pam CARRIED

b) Letters from The Agency... (FYI)

c) The Business MasterCard through Alterna Savings...
Diana will use her personal credit card and look for a better deal. (FYI)

d) New Views Issues...(FYI)

e) Photocopier Update...(FYI)

f) New Washer Rebates...(FYI)

7.2. Maintenance Update

a) Email received from the City of Toronto regarding our request to participate in the organics program. DEFERRED.

b) Letter to CMHC. (FYI)

c) Quotes for FTD Construction for extra work required around the site as follows:

i) To excavate and install weepers...(FYI)

ii) Perform waterproofing at 24 Boiler Room...(Now) - (FYI)

iii) Or, perform waterproofing at 24 Boiler Room...(Spring) - (FYI)

iv) Replace Floor Drain at 18...(Spring Only) - (FYI)

d) Letter sent to CMHC requesting additional funding...(FYI)

e) City of Toronto Letter Re: 16 Fishleigh Garbage Compound Retaining Wall. We are asking for a variance...(FYI)

f) 18 Fishleigh Boiler Room Noise. Nothing can be found. Approve FTD for fire separation work at 18 Fishleigh.

MOVED by Deanna SECONDED by Elaine CARRIED

g) Roof Leak at 16 Fishleigh Drive two weeks ago. Leaves clogged drains. Ceilings opened up at 1610 and 1611. (FYI)

Next Meeting on Tuesday, 11 January 2011 at 7 p.m.

Adjourned at 10:01 p.m.

MOVED by Elaine

SECONDED by Deanna

CARRIED

Chairperson: Lois Logie

Recording Secretary: Michael O'Donnell

Thurlestone Co-op
22 Fishleigh Drive. Unit # 3, Scarborough ON M1N 1G9
Tel: 416.261.1110 Fax: 416.261.4744

Minutes from Board of Director Meeting - Tues Jan 11th, 2011

Present - Lois, Kelly, Deanna, Elaine, Shannon, Mike, Anita, Melanie, Pam,
Diane

Minutes taken by Shannon

1) Meeting called to order at 7:15 pm

2) Approval of Agenda as amended. To add items under New Business.

*Deanna / Kelly
Carried*

3) Appointment of Delegate and Alternative to CHF and CHFT.
That Kay Witcher be appointed Delegate to CHF and CHFT.

*Melanie / Anita
Carried*

That Kelly Herrmann be appointed Alternative.

*Anita / Deanna
Carried*

4) Motion to approve Minutes - Oct. 26 & Nov.16. 2010

Note: Shannon, Pam and Kelly abstained from vote.
Minutes from Dec.16, 2010 - Deferred - Not available

*Anita / Deanna
Carried*

5) Business Arising - None

6) Confidential Report - See Confidential Section

7) Co-ordinators Report - Administrative Update - January 11th, 2011

a) Request to take last holiday day on Jan.28, 2010. Board approved

Maintenance Update

b) (If not already approved from last meeting) Motion to replace Floor Drain at 18 basement stair entrance to Boiler Room.

/
Carried

c) Motion to Approve Change order #2 from CMS Building Construction for \$ 8896.68.

Shannon / Pam
Carried

8) Committee Reports: Appointment of Landscape Chairperson
Motion to appoint Chris Wells as Landscape Chairperson.

Melanie / Lois
Carried

9) New Business

a) Approval of 1st Quarter Financial Statements for period June 1st to August 31st, 2010. - Deferred

b) Suggestion to acknowledge Thurlstone 35th anniversary and to foster positive co-op morale - Deferred

c) The issue of security came up with Fishleigh's open door policy. This is an ongoing discussion. It was pointed out that locking the main doors would impede access to emergency personell.

10. Next Meeting - Tuesday February 8th 2011 at 7pm.

Reminder - Please RSVP to all Board Meetings, and arrive promptly!

Meeting Adjourned 9:55 p.m.

Lois Logie, Chairperson

Melanie Lyle, Recording Secretary

Thurlestone Co-op
ishleigh Drive. Unit # 3, Scarborough ON M1N 1G9
Tel: 416.261.1110 Fax: 416.261.4744

Minutes from Board of Director Meeting - Tues Feb 8th, 2011

Present - Lois, Kelly, Deanna, Elaine, Shannon (left at 9:30pm), Diane

Minutes taken by Melanie

1) Meeting called to order at 7:10pm

2) Approval of Agenda as amended. To add items under New Business.

*Deanna / Kelly
Carried*

3) Motion to approve the 1st Quarter Financial Statements.

*Melanie / Anita
Carried*

4) Motion to approve the 2nd Quarter Financial Statements

*Lois / Anita
Carried*

5) Business Arising - deferred until next meeting, as the minutes were not available.

6) Confidential Report - See Confidential Section

7) Co-ordinators Report - Administrative Update - February 8th, 2011

a) Motion to apply for the summer student program as a back-up in the event that we do not get an intern for this year

*Kelly /Lois
Carried*

b) Motion to allow Beth to use up the remaining 70 unused hours or until we hire an intern or summer student, whichever occurs first.

*Elaine / Lois
Carried*

c) Letter from Rooftops Canada to be sent out into next newsletter.

d) Letter from CHFC thanking the co-op for it's legal contribution to go into the next newsletter.

Maintenance Update

a) Motion to approve Dome Carpet to replace 18 Fishleigh's basement flooring
Deanna/Shannon
Carried

b) Motion to approve Tom & Fong Architects Inc. to submit an application and hearing to have the zoning bylaw exemption pertaining to the new garbage compound at Fishleigh's, as zoning says that it no longer be located outside of the building. Total Cost \$3,956.80.

Kelly/Lois
Carried

c) Motion to approve the cost of \$ 1617.04 for having Maverick Plumbing come in and replace the pipes between units 1603 & 1607 that were leaking from the toilet Stack.

Elaine/Kelly
Carried

c.1) Motion to approve the cost of \$1065.00 for having Maverick Plumbing come in and replace the hot water tank in #1C, as the old tank stopped working properly resulting in not having a consistent amount of hot water.

Lois/Kelly
Carried
Anita abstained from the vote

8) Committee Reports - Finance is working on the next budget.

9) New Business

a) The board has requested that Diane inquire into how much the co-op's insurance premiums will go up if members use the meeting room for fitness purposes. Once the amount has been determined, the issue will be brought to the GMM for the members to decide if they are agreeable to the increase in insurance fees.

b) Kelly will act as a sub-committee and will work with the Social Committee to organize a summer barbeque to celebrate Thurlestone's 35 yr anniversary.

c) The issue of security came up with Fishleigh's open door policy. Installing a buzzer system was discussed. This issue will need to be addressed at the GMM, as members will need to discuss how they feel about the security of the buildings and the costs involved in installing a buzzer/ security system. Diane to get quotes, and

Board Minutes - February 8th, 2011

to find out if Thurlestone would be able to receive a new buzzer system, should a member wish to donate this as a gift.

10. Next Meeting - Tuesday March 8th 2011 at 7pm.

Reminder - Please RSVP to all Board Meetings, and arrive promptly!

Lois Logie, Chairperson

Melanie Lyle, Recording Secretary

Thurlestone Co-op
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Tel: 416.261.1110 Fax: 416.261.4744

Minutes from Board of Directors Meeting – Tues March 8 2011 (amended)

Present – Pam, Elaine, Diana, Anita, Lois, Mike, Deanna, Melanie

Minutes taken by Melanie Regrets: Kelly Absent: Shannon

1) Meeting called to order at 7:20 pm.

2) Approval of Agenda.

*Deanna / Lois
Carried*

3)-7) Deferred.

8) **New Business:** Approval of Draft Operating and Capital Budgets for fiscal year June 1st, 2011 to May 31st, 2012 as amended.

*Lois/Pam
Carried*

9) Proposed Date of Next Board Meeting – March 15, 2011 at 7pm.

10) Proposed Date of General Members Meeting – Wednesday, March 23rd, 2011.

*Lois/Anita
Carried*

11) Approval of Proposed General Members Meeting Agenda – March 23rd, 2011.

*Lois/ Anita
Carried*

12) Adjournment at 10pm.

Reminder – Please RSVP to all Board Meetings, and arrive promptly!

Lois Logie, Chairperson

Melanie Lyle, Recording Secretary

5 Myths About Bedbugs...BUSTED!!!

Confused about these creepy critters? Get the facts about bedbugs—and what you can do to keep them out of your apartment.

Bedbugs are North America's new favourite villains—the butt of jokes on late night comedy talk shows, the stars of countless magazine and newspaper features, and the subject of endless Internet chatter. Despite all this attention (or perhaps because of it), it can be difficult to know what's rumour and what's reality.

Taz Stuart, entomologist for the City of Winnipeg and a person at the frontline of Canada's campaign against bedbugs, sets the record straight. Get to know these pests and you'll sleep better at night.

1. Myth: Poor hygiene can lead to bedbugs.

FACT: Bedbugs do not discriminate between places that are spotless and those that are messy and/or dirty—they're simply looking for a warm-blooded human to feed on. "Infestations are NOT reflective of being dirty," says Stuart. Similarly, he adds, "you can spend \$5,000 a night on a hotel room in Las Vegas and still have bed bugs, just like a \$30 a night motel room."

An infestation starts when a few bugs move from one place to another by hitchhiking on people or their stuff, or by migrating, say, from the apartment next door. The pests are most common in places with high occupancy turnover—think hotels, movie theatres and even hospitals—where they can easily stow away on clothing or other personal belongings. When an adult female has found a new host and a new place to hide, she'll lay four or five eggs (200 to 500 eggs in a lifetime) and the population will explode.

Did you know? Bedbugs can travel 5 to 20 feet nightly in search of a meal.

2. Myth: Bedbugs can make you sick.

FACT: Bedbugs do NOT transmit disease, despite the fact that they may feed on multiple people. But their bites can be a nuisance, often causing itchy red welts at the site of a bite or a more generalized allergic reaction. (Some lucky people have no symptoms at all.) A case of bedbugs can also take an emotional toll, says Stuart, due to factors such as shame, sleep-deprivation and stress.

What's the best way to get relief from itchy bites? Unfortunately, a recent article in the *Journal of the American Medical Association* concluded that treatments, such as over-the-counter or prescription corticosteroids, were no more effective than leaving bites alone.

Tip: Bites often occur in groups of three, which experts call the "breakfast, lunch and dinner" markings.

3. Myth: Bedbugs only live in beds.

FACT: They can live practically anywhere. Stuart says he has seen bedbugs in laptop computers, cellphones and inside library books. However, he adds that a bedbug's ideal home is a dark place in the vicinity of a human host, such as a mattress. Other hiding places include couches, electrical sockets and headboards.

If you suspect you have bedbugs, scour your home for evidence—be sure to roll back the piping around all your mattresses (this is their #1 favourite place to hide). Live reddish-brown nymphs (juveniles) or adult bugs can be seen with the naked eye, as can their shells, excrement, which looks like black pepper, and rust-coloured blood stains.

Adult bedbugs are about the size and shape of an apple seed (4-6 mm) and are flat unless they've recently fed. Eggs, which are small (about 1 mm) and white, resembling a grain of rice, are harder to spot.

Tip: Stay vigilant. Look for signs of infestations when you're cleaning your home or spending the night away from home.

4. Myth: A dose of the Canadian cold will kill bedbugs.

Truth: Putting your couch outside in the cold for a couple of days isn't going to resolve a bedbug problem, says Stuart. The same goes for the freezer: it's not cold enough to kill bedbug eggs, though it may kill a few adults, he says.

Did you know? Adult bedbugs have staying power—they can live for 12 to 18 months without a meal.

YOUR EASY-TO-USE HOME CHANNEL GUIDE

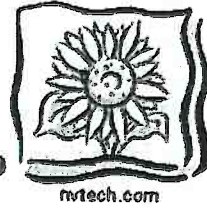
As a Rogers customer, you have access to a wide variety of quality programming. From lifestyle and entertainment to sports and movies, you're sure to find something the whole family can enjoy with Rogers Digital TV.

The following channels are included in the Cable pack for your building.

1 Your World This Week	64 MuchMoreMusic	133 Citytv Toronto	253 G4techTV	504 Sportsnet West HD
2 TVOntario (TVO - CICA)	65 Treehouse	135 Citytv Vancouver	254 NASA TV	505 Sportsnet Pacific HD
3 Global Toronto (CIII)	66 BNN (Business News Network)	136 A-TOR	255 TLC (The Learning Channel)	509 The Score HD
4 OMNI.1 (CFMT)	70 APTN (Aboriginal Peoples Television Network)	138 A-VI	256 Slice	511 Raptors NBA TV HD
5 TV Guide	71 Start!	139 Citytv Winnipeg	257 HGTV Canada (Home & Garden Television)	512 SPEED HD
6 CBC Toronto (CBLT)	72 VIVA	140 Citytv Calgary	258 Food Network	513 Golf Channel HD
7 Citytv Toronto	73 GameTV	142 SUN TV	259 The Shopping Channel (ISc)	514 HD CBC Toronto (CBLT)
8 CTV Toronto (CTVTO)	74 Sportsnet East	144 TVOntario (TVO - CICA)	261 DIY Network	515 HD SRC Toronto (CBLFT)
9 CTS (Crossroads Television System)	75 Sportsnet West	145 CBS Buffalo (WIVB)	262 Cosmopolitan TV	516 APTN HD
10 NBC Buffalo	76 Sportsnet Pacific	149 NBC Buffalo (WGRZ)	263 W Network (East)	517 HD Global Toronto (CIII)
11 CHCH	77 NFL Network	157 FOX Buffalo (WUTV)	264 W Network (West)	518 CTV HD Toronto (CTVTO)
12 SRC Toronto (CBLFT)	78 The Golf Channel	161 PBS Buffalo (WNEO)	270 ABE	519 HD Citytv Toronto
13 TFO (CHLF)	79 CNBC (Consumer News and Business Channel)	166 WNLO Buffalo (CWZ3)	271 The Biography Channel	520 HD OMNI.1
14 OMNI.2	80 CNN Headline News	167 WNYO Buffalo (MyNetworkTV)	272 Bravo! NewStyleArtsChannel	521 HD CHCH
15 SUN TV	81 SPEED Channel	168 Multicultural On Demand	274 MTV	522 HD ABC Buffalo (WKBW)
16 CBS Buffalo (WIVB)	82 Action	169 OMNI.1 (CFMT)	275 BOC Canada	523 HD CBS Buffalo (WIVB)
17 ShopTV Canada	83 Showcase Diva	170 OMNI BC	278 Star!	524 HD NBC Buffalo (WGRZ)
18 ABC Buffalo (WKBW)	84 Independent Film Channel Canada	171 OMNI.2	279 Spike TV	525 HD PBS Buffalo (WNEO)
19 The Shopping Channel (ISc)	85 National Geographic Channel	173 Joytv 10	281 SPACE: The Imagination Station	526 HD FOX Buffalo (WUTV)
20 A-TOR	86 MovieTime	174 Joytv 11	284 TELETOON Retro	530 HD OMNI.2
21 FOX Buffalo	87 BOC Canada	175 Fireplace Channel (Seasonal)	285 The Comedy Network (East)	536 TLC HD (The Learning Channel HD)
22 The Weather Network	88 Discovery Health Channel Canada	177 RT	286 The Comedy Network (West)	544 CBC News Network HD
23 CBC News Network/Voiceprint (SAP)	89 DIY Network	179 TV Mix - News	288 GameTV	545 CNN HD (Cable News Network HD)
24 CablePulse24	90 G4techTV	180 Rogers On Demand	290 TVropolis (East)	561 History HD
25 YTV (East)	91 The Biography Channel	182 Rogers TV	291 TVropolis (West)	583 TCM HD
26 TSN (The Sports Network)	92 HGTV Canada (Home and Garden Television) On Demand	183 CNN (Cable News Network)	294 BITE TV	565 HD OMNI.1
27 W Network (East)	93 Food Network On Demand	184 CNBC (Consumer News and Business Channel)	295 APTN (Aboriginal Peoples Television Network)	566 HD OMNI.2
28 Telemundo (TLN - East)	94 National Geographic On Demand	186 BNN (Business News Network)	300 Rogers On Demand	567 HD SUN TV
29 Showcase (East)	95 BBC Kids	188 CTV News Channel	319 Showcase (East)	568 HD Global BC
30 MuchMusic	96 Raptors NBA TV	189 CBC Newsworld/Voiceprint (SAP)	320 Showcase (West)	601 SRC Toronto (CBLFT)
31 ABE	97 Leafs TV	190 CNN Headline News	321 Action	605 V Montreal
32 Sportsnet Ontario	98 TSN2	191 The Weather Network	322 Showcase Diva	606 V HD
33 CNN (Cable News Network)	99 Rogers How-To Channel	192 CablePulse24	327 Turner Classic Movies	608 TFO (CHLF)
34 TLC (The Learning Channel)	100 Rogers On Demand	194 BBC World News	328 American Movie Classics	609 TFO HD
35 HGTV Canada (Home & Garden Television)	101 TVA Montreal (CFMT)	195 VoicePrint	329 Independent Film Channel Canada	610 TVA Montreal (CFMT)
36 Fairchild Television East (Chinese-Cantonese)	102 RDI	198 CPAC English (Cable Public Affairs Channel)	333 MovieTime	612 RDI
37 Slice	103 TV5	199 Ontario Legislature	341 Peachtree TV	613 RDI HD
38 CMT Canada (Country Music Television)	104 CPAC English (Cable Public Affairs Channel)	200 Broadcast News	346 Rogers On Demand	614 CPAC French (Cable Public Affairs Channel)
39 Spike TV	105 Ontario Legislature	202 The Shopping Channel (ISc)	347 Pay Per View Preview Channel	650 TV5
40 Bravo! NewStyleArtsChannel	106 BITE TV	203 ShopTV Canada	348-349 HD Pay Per View	651 TV5 HD
41 CNN Headline News	107 AUX TV	204 Sports Preview Channel	350-360 Pay Per View	699 AUX TV
42 Discovery Channel	108 CTV Toronto (CTVTO)	206 Pay Per View Preview Channel	385 Sports Preview Channel	701 MuchMusic
43 SPEED Channel	109 CTV Kitchener/London (CTVSO)	207 Your World This Week	396 TV Mix - Sports	702 MuchMoreMusic
44 The Score	110 CTV Winnipeg (CTVWN)	211 YTV On Demand	398 Sportsnet Ontario HD	709 BET (Black Entertainment Television)
45 BBC World News	111 CTV Calgary (CTVCA)	219 TV Mix - Kids	399 Sportsnet East HD	710 Galaxie Kids' Stuff
46 Turner Classic Movies	112 CTV Vancouver (CTVBC)	220 Treehouse On Demand	400 Sportsnet West HD	711 CMT Canada (Country Music Television)
47 TELETOON (East)	113 A-ATLA	221 Treehouse	401 Sportsnet Pacific HD	712-750 Galaxie Digital Music Stations
48 Family Channel (East)	114 ATV Halifax (CTVAT)	222 Galaxie Kids' Stuff	402 Sportsnet Ontario	755 Rogers On Demand
49 Peachtree TV	116 Global Toronto (CIII)	223 YTV (East)	403 Sportsnet West	782 Telemundo (TLN - East)
50 The Comedy Network (East)	118 Global Calgary (CICCT)	224 YTV (West)	404 Sportsnet West	783 Telemundo (TLN - West)
51 American Movie Classics	119 Global BC (CHAN)	225 Family Channel (East)	405 Sportsnet Pacific	799 Multicultural Free Preview Channel
52 Food Network	121 CHCH	226 Family Channel (West)	406 TSN (The Sports Network)	800 Multicultural On Demand
53 Outdoor Life Network	122 CJMT	227 TELETOON (East)	407 TSN2	801 Fairchild Television East (Chinese-Cantonese)
54 History Television	124 CBC St. John's (CBNT)	228 TELETOON (West)	409 SPEED Channel	802 Fairchild Television West (Chinese-Cantonese)
55 SPACE: The Imagination Station	125 CBC Halifax (CBHT)	229 TELETOON On Demand	410 The Golf Channel	887 RT
56 MTV	127 CBC Toronto (CBLT)	230 BBC Kids	411 The Score	888 The Accessible Channel
57 BET (Black Entertainment Television)	129 CBC Oshawa (Channel 12)	231 VisionTV	412 Outdoor Life Network (OLN)	901-960 AM/FM RADIO STATIONS
58 TVropolis (East)	129 CBC Toronto (CBLT)	235 CTS (Crossroads Television System)	413 Raptors NBA TV	
59 Your World This Week	130 CBC Winnipeg (CBWT)	237 VisionTV	414 Leafs TV	
60 VisionTV	131 CBC Calgary (CBRT)	240 Sat and Light Television	419 NFL Network	
61 PBS Buffalo (WNEO)	132 CBC Vancouver (CBLFT)	241 The Christian Channel	430 NFL Network On Demand	
62 CTV News Channel		242 Discovery Channel	500 HD Leafs TV	
63 Rogers TV		244 Discovery Health Channel Canada	501 HD Preview Channel	
		249 History Television	502 Sportsnet Ontario HD	
		250 National Geographic Channel	503 Sportsnet East HD	
		252 VIVA		

Digital box required to view all channels except Channels 1-70.

SPRING CLEAN UP



Saturday any time of the day – April 30, 2011

Sunday – May 01, 2011 at 10 A.M.

This includes interior of the buildings

Back stairs

Railings

Windows

Etc

**Lunch served Sunday in Folcroft Meeting
Room at 12 P.M.**



rvtech.com

Rain day Sunday – May 15 at 10 A.M.



rvtech.com

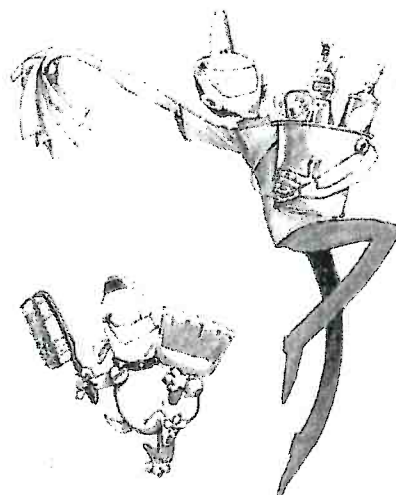
The Joy of Spring Cleaning !

There are few rites of spring more satisfying than the annual clean. For many people, however, the pleasure comes only after the work is finished. Your spring cleaning may never become effortless, but you can make the project more manageable -- and even enjoyable.

This checklist offers an overview of everything you need to know -- including information on cleansers, stain removal, fabric care, and storage -- to zip through the process and arrive at a happy end.

Create a realistic schedule, keeping in mind that a single weekend won't suffice, as you'll need several days for more involved projects, such as shampooing carpets and organizing closets.

The information on this checklist was excerpted from "Martha Stewart's Homekeeping Handbook" (Clarkson Potter/Publishers; 2006).



Springtime is filled with cultural and religious traditions that symbolize rebirth. Lent, Maha Shivaratri, Passover, and Songkran all pay reverence to a time of renewal; as we attempt to purify the mind, heart, and home, remove negativity, and celebrate.

The home reflects the spirit. The list of things that need repair, and the objects we cling to for security or status—leave us feeling stuck and drain us of energy.

Yoga teachers often talk about cleaning out our *inner closets*. The practice helps us create space in the mind and body, which allows us to receive, process and offer energy—unencumbered by fear. Inside this sacred space we can develop the faith that we will be provided for and cherished without the aid of material things. Releasing the past with reverence and intention creates room for the new and cultivates faith in the future.

Feng Shui is a practice that urges us to live in harmony with our environment.

Feng means wind. It represents the unseen in our lives.

Shui means water and symbolizes the manifest. It teaches, what we amass reveals something about our inner health; old letters and photographs prove that we are loved and befriended. Heaps of things that might “come in handy” signal a lack of faith in the future. We sometimes hold onto what we know because change is frightening and challenging, and staying with the familiar, even if it makes us ill, and unhappy, feels better than venturing into the unknown.

Practice letting go; you may not discover a jewel-encrusted crown, but you might find that you are a princess on garbage day.

Source: www.elephantjournal.com

throughout the house

The tips below outline basic techniques that will help you clean almost every surface (or object) in any room. The tasks on the next page are broken down by location, including outdoor spaces. The final page of this foldout focuses on window washing and upkeep, which is essential if you're going to let the sun shine in on the bright days to come.

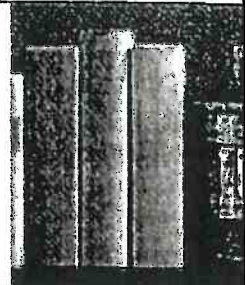
● **WIPE WALLS AND CEILINGS** Use a vacuum to remove dust. Tackle stubborn surface grime, especially prevalent in kitchens, with a solvent-free degreaser (test it first in an inconspicuous area to ensure it won't mar the surface).

● **RESEAL GROUT LINES** The cement-based material between wall, floor, and countertop tiles is extremely porous and stains easily. Protect it with a penetrating grout sealer; it's best to apply it with a small foam brush.

● **VACUUM AND SHAMPOO RUGS** Synthetic carpets and rugs with waterproof backings can be deep-cleaned with a rotary shampoo machine and a hot-water extraction machine. Rugs without backings, including Orientals, require professional cleaning.



● **DUST BOOKS AND SHELVES** Take everything off the shelves, and brush shelves and books with a feather duster. Use the dust-brush or crevice tool on a vacuum to reach into tight spots. Wipe the spines of leather-bound books with a clean, soft cloth.



● **CLEAN UPHOLSTERED FURNISHINGS** Take cushions outside and gently beat them by hand to remove dust. If there are stains, check the pieces for care labels. Use a vacuum's upholstery and crevice tools to clean under seat cushions.

● **POLISH METAL DOOR AND WINDOW HARDWARE** Liquid polishes and polish-impregnated cloths work well for medium-tarnished surfaces; pastes and creams are for heavier work. If tarnish doesn't come off, try a stronger product.



● **DUST YOUR HOME THOROUGHLY** This includes hard-to-reach places, such as the tops of ceiling fans and window casings. Always work from the top of a room down, vacuuming the dust that settles on the floor. Avoid using dusting sprays.

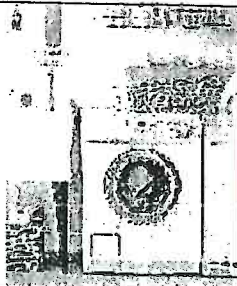


● **WAX WOODEN FURNITURE** Wipe surfaces with a soft cloth dampened with water and mild dishwashing liquid. Apply paste wax, such as Butcher's wax, a few feet at a time with a cotton rag folded into a square pad. Let wax dry; buff with a clean cloth.

● **ENSURE FIRE SAFETY** Change batteries in smoke detectors (this should be done twice a year), and make sure units are free of dust. Teach everyone in your household how to use a fire extinguisher, and review escape plans.

● **WASH WINDOW SCREENS** Using warm water and a mild dishwashing liquid, scrub each screen with a brush; rinse thoroughly.

● **CLEAN WINDOW TREATMENTS** Many draperies and curtains are machine washable; check labels. Dry-clean fabric shades. Wipe wooden blinds with a damp cloth; warm water mixed with a mild dishwashing liquid is safe for metal and vinyl blinds.



● **WAX NONWOOD FLOORS** Vinyl and linoleum floors that have lost their shine should be waxed with a polish designed for these surfaces. Most stone and tile floors can be treated with either a paste or a liquid wax designed for the material.



room by room

KITCHEN	<ul style="list-style-type: none"> ● DUST REFRIGERATOR COILS Turn off power at circuit breaker or fuse box. Coils are usually at the bottom of the refrigerator, under the grill. Clean coils with the crevice attachment of a vacuum or a specialty refrigerator-coil brush, available at hardware stores. ● DEFROST THE FREEZER Turn off power at circuit breaker or fuse box. Empty freezer's contents; wipe interior with a solution of 2 tablespoons baking soda per 1 quart hot water.
LIVING ROOM	<ul style="list-style-type: none"> ● SWAP HEAVY CURTAINS, RUGS, AND THROWS FOR LIGHTWEIGHT ONES Clean items first. To store, roll material around an acid-free tube; wrap in a clean sheet of cotton, muslin, or polyethylene; secure with twill tape, and label each bundle so you'll know which is which.
BEDROOMS	<ul style="list-style-type: none"> ● ROTATE BED AND CHANGE BLANKETS Turn over your mattress to distribute the wear evenly. Replace cool-weather bedding with warm-weather bedding. ● CLEAN PILLOWS Whether made of natural fibers (such as down) or synthetic (often polyester), most pillows can be machine-washed. This rids them of mold, bacteria, and odors.
BATHROOMS	<ul style="list-style-type: none"> ● DISCARD EXPIRED COSMETICS AND BEAUTY PRODUCTS Secure these items in a plastic trash bag, and keep it out of reach of children and animals. ● UPDATE FIRST-AID KIT In addition to bandages and ointments, the kit should include a list of emergency numbers, especially the one for your nearest poison-control center.
HOME OFFICE	<ul style="list-style-type: none"> ● ORGANIZE FILES Review insurance policies, contracts, and household inventories. ● CLEAN COMPUTERS Scrub casings with a solution of 1 drop mild dishwashing liquid per 1 quart of water and a lint-free cloth; dust crevices in keyboards with cotton swabs; wipe screens with a soft cloth or a dry screen-cleaning sponge.
CLOSETS	<ul style="list-style-type: none"> ● REPLACE COOL-WEATHER CLOTHING WITH WARM-WEATHER CLOTHING Wash or dry-clean garments before storing them in a zippered sweater or blanket bag. ● DONATE APPAREL YOU NO LONGER USE Many charities are happy to accept old clothing and may send a truck to pick it up. They may also provide receipts for tax purposes.
UTILITY SPACES	<ul style="list-style-type: none"> ● CLEAN ATTIC AND BASEMENT, GIVING AWAY OR DISCARDING UNWANTED ITEMS Divide whatever is left into two zones: one for things you'll need to retrieve in the next six months, such as clothes, and the other for objects that may be there for years, such as furniture. ● PROTECT OBJECTS IN BASEMENT Use concrete blocks to keep storage boxes off the ground. Place washer and dryer on elevated pedestals (made by the appliances' manufacturers) to prevent electrical shock during flooding.
OUTDOOR SPACES	<ul style="list-style-type: none"> ● CLEAN PORCH CEILINGS AND WALLS Sweep up cobwebs and debris with a corn broom, and wash walls with a solution of all-purpose cleaner and water using a polyester sponge. ● SCRUB DECKS, PATIOS, DRIVEWAYS, AND WALKWAYS Treat mildew spots with a solution of 1 part oxygen bleach to 3 parts water using a deck brush. ● WASH OUTDOOR FURNITURE Most materials, including aluminum, plastic, wood, and wicker, can handle a solution of mild dishwashing liquid and water and a soft-bristle brush. ● INSPECT LIGHT FIXTURES Wash covers, and check for damaged wires and connections.

eight steps to perfectly clean windows

- 1. Schedule the project** Choose a time when the sun is not shining directly on windows. Its hot rays can cause the cleaning solution to dry, which will result in streaks.
- 2. Clean the surface** With a soft-bristle brush, dust away cobwebs and loose dirt from windows and frames. Don't forget hinges, sills, and tracks. Wear rubber gloves to protect your hands, especially if the frames are old and splintery.
- 3. Make the cleaning solution** Mix 1 part white vinegar and 1 part hot water.
- 4. Prevent a mess** Before cleaning the inside of each window, place an absorbent terry-cloth towel along the windowsill to catch drips.
- 5. Wet the glass** Using a sponge, wet (but don't drench) the windowpane with the vinegar-and-water solution, and rub away the dirt. As much as possible, keep the solution from coming into contact with the window frames.
- 6. Prime a squeegee** Wet the rubber blade; a dry one will skip.
- 7. Wipe the glass** Starting at an upper corner of the pane, draw the squeegee down in a straight, confident stroke. Wipe the rubber edge of the squeegee with a sponge or a lint-free cloth. Return to the top and repeat, slightly overlapping the first stroke. Finish by pulling the squeegee across the bottom of the window. Dry the sill.
- 8. Clean the frames** Wipe surfaces using a cloth dampened with a nonammoniated all-purpose cleaner and water. Rinse them thoroughly with a clean, damp cloth to remove cleaning solution, and dry immediately by wiping with a clean, dry cloth.

basic window-washing kit

Stash all of your supplies in a plastic or metal bucket. Mix and transport the vinegar-based solution in a second container.

- soft-bristle brush
- white vinegar (or mild dishwashing liquid)
- large polyester or natural sea sponges
- rubber gloves
- lint-free cloths (cloth diapers or huckaback cloth) that haven't been washed or dried with fabric softener (which can leave behind a residue that will streak glass)
- squeegees
- sturdy ladder (with a label indicating it is approved by Underwriters Laboratories)
- nonammoniated all-purpose cleaner

cleaning storm windows

After storm windows have been replaced with screens, they should be cleaned before being stored for summer. Start by vacuuming the glass and tracks. Clean glass following the instructions above. (It's easiest to do so outside, but you can clean them in place; allow windows that can't be removed to dry completely before closing them, as moisture trapped between panes can damage the frames.)

patching a screen

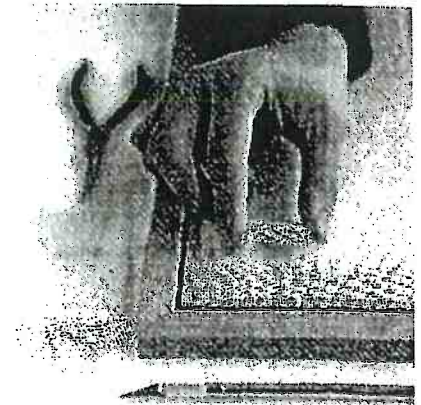
Tiny tears in nylon or fiberglass screens can be mended with a few drops of instant adhesive; small splits in metal screens can be fixed with epoxy. Larger rips, however, require slightly more attention. Here's how to make repairs:

NYLON OR FIBERGLASS SCREENS

Cut a patch just barely larger than the hole. Apply a thin layer of instant adhesive along edges of patch; press it in place. To hold screen together as glue dries, cut a piece of low-tack painters' tape larger than the patch, gently apply tape to patch, and leave until glue is dry.

METAL SCREENS

Begin by trimming around the tear in the screen to create a small, clean-edged rectangular or square opening. Cut a piece of screen about ½ inch larger than the hole in length and width. Unravel a couple of strands of screen away from each of the piece's 4 sides until the central woven section is just large enough to cover the hole. Fold the resulting "fingers" away from you at 90 degrees to the patch's surface. Cover the hole with the patch, inserting the fingers into the mesh of the existing screen. Fold and carefully weave the fingers under and inward onto the patch or outward toward the screen frame, into the surrounding screen.

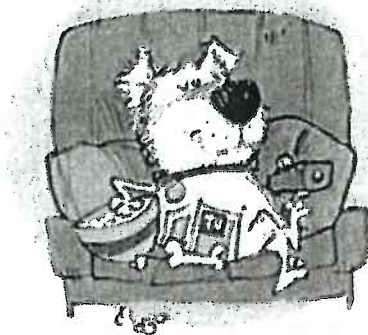


The information in this article was excerpted from *Martha Stewart's Homekeeping Handbook: The Essential Guide to Caring for Everything in Your Home*. ©2006 by Martha Stewart Living Omnimedia, Inc. All rights reserved. Published by Clarkson Potter/Publishers, a division of Random House, Inc.

Is Your Pet a Couch Potato?

How to See Spot Run

Adapted from article By Candice Batista, host and producer of Pet Central on The Pet Network.



Like us, animals need exercise, stimulation and attention. Too much food and not enough exercise leads to one thing: a pudgy pup or fat cat!

Not all pets are created equal, and while some are born to run and can't wait to play ball or catch a Frisbee, others – due in part to age or weight – may be less likely (or willing) to get moving.

Pay attention to the measuring cup when doling out food, and make sure that you aren't over or underfeeding them. If Fluffy or Fido is at a healthy weight, then you are feeding them the right amount. On the other hand, if your pet has become less active, if the amount you feed them may have remained the same, then he or she is going to gain weight. Pets who are not exercising regularly should be eating fewer calories (unless there is a medical condition present that requires more food). There are a number of low calorie foods available, but consult with your vet first. It's not a good idea to cut calories without supervision. Stop with the treats and snacks as they are usually high in calorie and your animals don't really need them.

The Active Cat

- Games and climbers are a great way to get her moving and provide fun and stimulation especially if they are an indoor pet.
- Many felines love interaction; toy mice and birds are great stimulators, but if you are at home, they could really use some one-on-one playtime.

- Cats love furniture in different places and get bored easily if everything is in the same place. Make your cat's domain more enriching: cut holes in the sides of a cardboard box and place an old blanket inside. Stack them and move them around your home.
- Cats love to watch birds; place a bird feeder near a window.

The Active Dog

Take your dog out for a walk! Exercising your dog only on weekends can do more harm than good especially if your dog suffers from arthritis. Daily walks for a shorter period of time are ideal, as like us, animals can get sore and stiff after a rigorous workout.

- Make your daily walk (or walks) more of a challenge. Try resistance walking on different surfaces like sand or snow. Pick a trail that has ditches, holes, trees or other obstacles.
- Throw a ball, chew toy or Frisbee on a hill.
- Play hide and seek with a toy or kibbles around the house. This is a great game especially in the winter.
- In the summer, most dogs love to get wet; try to get some swim time in.

Earth Day is April 22nd.

What is it?

April 22 Earth Day, founded by Senator Gaylord Nelson, was first organized in 1970 to promote ecology and respect for life on the planet as well as to encourage awareness of the growing problems of air, water and soil pollution. It is currently observed in more than 140 countries around the world. It's also the perfect time to bring healthy, environmentally-friendly food to the table.



What do people do?

April 22 Earth Day is usually celebrated with outdoor performances, where individuals or groups perform acts of service to earth. Typical ways of observing Earth Day include planting trees, picking up roadside trash, conducting various programs for recycling and conservation, using recyclable containers for snacks and lunches. Television stations frequently air programs dealing with environmental issues.

Some interesting Facts

- Putting some plants in your room will help clean the air
- An eco-friendly water bottle saves a lot of plastic bottles from going into landfills
- Two mature trees can supply enough oxygen annually to support a family of four
- Aluminum can take over 300 years to break down on its own
- Every second, 2.27 million litres of water flow over the Horseshoe Falls in Niagara Falls, Ontario

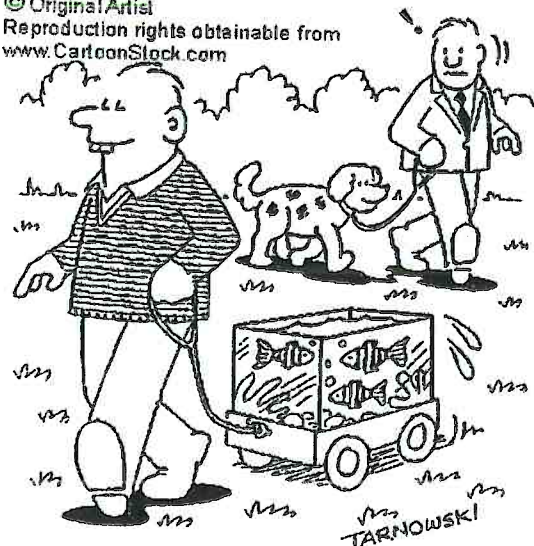
Free Tax Returns Volunteer Tax Preparation Clinics

Get your income tax returns processed **FREE of charge** at Volunteer Tax Preparation Clinics. In order to qualify for this service, your income must be below a certain tax bracket.

Volunteer Tax Preparation Clinics are located throughout the GTA area, and run between February through April. Hours of operation vary with each location.

Visit www.cra.gc.ca or call: 1-800-959-8281 for more information.

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THE GREEN THING

In the line at the store, the cashier told the older woman that plastic bags weren't good for the environment. The woman apologized to her and explained, "We didn't have the green thing back in my day."

That's right, they didn't have the green thing in her day. Back then, they returned their milk bottles, Coke bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, using the same bottles over and over. So they really were recycled. But they didn't have the green thing back in her day.

In her day, they walked up stairs, because they didn't have an escalator in every store and office building. They walked to the grocery store and didn't climb into a 300-horsepower machine every time they had to go two blocks. But she's right. They didn't have the green thing in her day.

Back then, they washed the baby's diapers because they didn't have the throw-away kind. They dried clothes on a line, not in an energy gobbling machine burning up 220 volts "wind and solar power" really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right, they didn't have the green thing back in her day.

Back then, they had one TV, or radio, in the house not a TV in every room. And the TV had a small screen the size of a pizza dish, not a screen the size of the state of Montana. In the kitchen, they blended and stirred by hand because they didn't have electric machines to do everything for you. When they packaged a fragile item to send in the mail, they used wadded up newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, they didn't fire up an engine and burn gasoline just to cut the lawn. They used a push mower that ran on human power. They exercised by working so they didn't need to go to a health club to run on treadmills that operate on electricity. But she's right, they didn't have the green thing back then.

They drank from a fountain when they were thirsty, instead of using a cup or a plastic bottle every time they had a drink of water. They refilled pens with ink, instead of buying a new pen, and they replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But they didn't have the green thing back then.

Back then, people took the streetcar and kids rode their bikes to school or rode the school bus, instead of turning their moms into a 24-hour taxi service. They had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And they didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But that old lady is right. They didn't have the green thing back in her day.

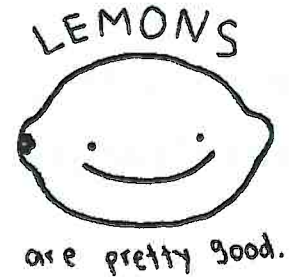
OMG...that was MY day too!



"The light at the end of the tunnel has been replaced by a 15 watt green bulb."

Food & Beverages

- Lemons add acid - which can heighten other flavors - and a bright, tangy flavor to foods.
- Include lemon zest in marinades for pork and poultry
- Grill fish on top of lemon slices to prevent the fish from sticking to the grill
- Freeze lemon juice in ice cube trays to use in summer drinks
- Add lemon juice to rice, cauliflower, or potatoes while cooking to enhance their white color
- Prevent eggs from cracking while boiling by coating the shells with lemon juice
- Ensure easy peeling of cooked eggs by adding one teaspoon of lemon juice to the cooking water
- Use lemon juice to help homemade jam set without using pectin
- Dry lemon peel for use in flavoring baked goods



Cleaning & Home Improvement

- Remove garlic, onion, or fish odor from your hands by rubbing them with a piece of lemon coated in salt
- Clean copper pots or remove rust stains with half a lemon dipped in salt
- Clean your microwave: Cut a lemon in half, squeeze juice into a small bowl of water, add both lemon halves and place in the microwave for 5 minutes. Wipe with a damp cloth
- Mix lemon juice and baking soda for an effective stain remover
- Dry slices of lemon to use in holiday decorations such as wreaths or garlands, or to include in potpourri mixtures
- Keep insects away from stored clothing using dried lemon rind
- Neutralize cat-box odor or freshen the air in your bathroom - cut a couple of lemons in half, place, place them cut side up in a dish in the room.

Health & Beauty

- Lemons are full of vitamin C, folate, fiber, and potassium
- Because lemon juice is highly antibacterial and antiseptic, it can help treat acne. Mix 2 teaspoons fresh-squeezed lemon juice with 1/2 teaspoon rose water. Soak a cotton ball in the mixture and lightly sweep over face (not for sensitive skin). Leave on overnight and wash off in the morning.
- Use juiced lemon halves to moisten dry elbows
- Use lemons to polish your fingernails.
- Sooth your stomach - lemon juice mixed with cold water can help calm nausea and upset stomachs
- Make a face mask using lemon and honey
- After shampooing, rinse your hair with water and lemon juice to prevent dandruff and to remove soap film
- Soothe sore throats with lemon juice, either by gargling or drinking in a hot beverage
- Take the sting out of insect bites with lemon juice
- Apply lemon juice to cuts to disinfect them and help them heal faster

Pasta with Broccoli and Goat Cheese

Serves 4

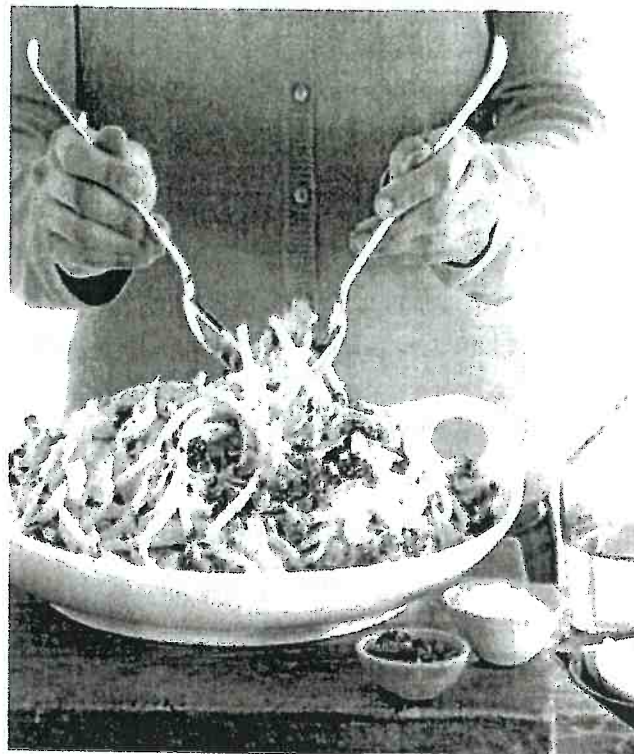
- 1/2 pound whole wheat spaghetti*
- 4 teaspoon olive oil*
- 3 large garlic cloves, thinly sliced*
- 2 cups small broccoli florets*

Grated zest of 1 lemon

1/2 teaspoon salt

1/4 teaspoon red pepper flakes

1/3 cup crumbled reduced-fat goat cheese



- 1 Cook spaghetti according to package directions, omitting salt if desired. Drain, reserving 1/4 cup of pasta cooking water. Transfer pasta to serving bowl; keep warm.
- 2 Meanwhile, heat oil in large nonstick skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add broccoli and cook, stirring, until tender, about 5 minutes. Add broccoli, lemon zest, salt, and pepper flakes to pasta; toss, adding just enough of reserved water to moisten. Sprinkle with goat cheese.

PER SERVING (1 1/2 CUPS): 110 grams, 265 Calories, 7 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 2 mg Chol, 349 mg Sod, 46 g Total Carb, 3 g Total Sugar, 6 g Fiber, 10 g Prot, 45 mg Calcium.

PointsPlus value: 7

HEALTHY EXTRA

Use 3 cups of broccoli florets instead of 2 cups for a more substantial dish. Be sure to add a little more red pepper flakes and grated lemon zest to keep the flavors bright.

ARTS ENTERTAINMENT

Poems Drawings Photographs Book and Movie Reviews What's Happening

University of Toronto Scarborough Campus (UTSC) FREE CONCERT

University of Toronto Scarborough, 1265 Military Trail
For more information contact: 416-208-4769

UTSC & OBA Chamber Music - 2 day Festival

Sponsored by Cosmo Music and Yamaha

Starts: April 12, 2011

Ends: April 13, 2011

Time: 9:00 AM to 9:00 PM

Room: Leigha Lee Browne Theatre (S-Wing)

The University of Toronto Scarborough and the Ontario Band Association, along with their committed partners at Cosmo Music and Yamaha, are pleased to present the second annual UTSC/OBA Chamber Music Festival. Supportive and nurturing by design, the UTSC/OBA Chamber Music Festival offers individuals and ensembles a truly engaging and educational experience. The festival accommodates performers of all levels and welcomes high school ensembles, community groups, and more.

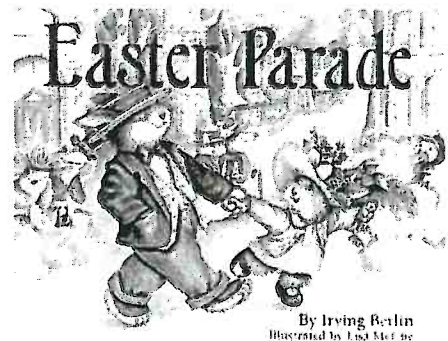
Beaches Lions Club Easter Parade

Easter Sunday, Apr. 24, 2 pm - 4 pm

Queen St. E. from Munro Park. Ave. to Woodbine Ave.

Toronto Beaches Lions Club

Everyone loves the Easter Parade. The event, now in its fourth decade, attracts thousands of people from all over the city. Don't forget your Loonies for the Lions, to support local charities. Applications for the parade can be found at the Beaches Lions Website. www.beacheslions.com or Keith Begley at 416-690-2614



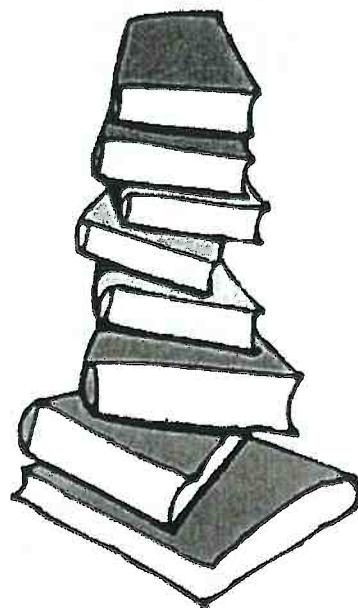
Keep Toronto Reading Festival (April 1 to 30, 2011)

Let Books Transform You This April

This April, at Toronto Public Library, is all about sharing the books you love. Join the Toronto Public Library for a city-wide celebration of books and reading. Come out to more than 80 events across the city – including readings, food and wine tastings, panel discussions, performances, and more. There are free special events all over town.

Meet your favourite writers, artists and celebrities, including Ian McEwan, Guy Gavriel Kay, Anna Olson, Lucy Waverman, TVOKids' Gisèle, and many others.

To find out more about the festival, visit <http://KeepTorontoReading.ca/>.



Here are some local events:

<p>The Art Garage Inc. Sat Apr 09, 2011 2:00 p.m. - 3:30 p.m. 90 mins Cliffcrest 3017 Kingston Road Have fun making your own Masterpiece Pop-Up Book Theatre. Limited to 30 children. Registration required: 416-396-8916. Ages 6 - 11.</p>	<p>The eh List Author Series: Steven Hayward - Don't Be Afraid Tue Apr 12, 2011 7:00 p.m. - 8:30 p.m. 90 mins Taylor Memorial 1440 Kingston Road <i>Don't Be Afraid</i> is a darkly comic novel about Jim Morrison, whose life changes utterly when the library explodes, sending everything he knows into whirl of confusion and grief.</p>
<p>The Mystic and The Minstrel Sat Apr 16, 2011 2:00 p.m. - 3:00 p.m. 60 mins 137 Main Street Enjoy an interaction of poetry, prose and music by author and guitarist Mark Battenberg.</p>	<p>Meet Robin Baird Lewis Fri Apr 29, 2011 10:00 a.m. - 11:00 a.m. 60 mins Victoria Village Program Room 184 Sloane Ave., Meet children's book illustrator, Robin Baird Lewis, illustrator of Red is Best. Enter the enchanting world of book illustration and watch Robin create drawings faster than you can dream up ideas.</p>

Solution to the:

Women's Day Anagram

howodamon : womanhood
lietuqay : equality
grisht : rights
charm : march
teksir : stripe
gamincap : campaigning
roecagu : courage
letracebion : celebration
gorpress : progress
nowem : women

Solution to last month

Sudoku:

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

April Sudoku:

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

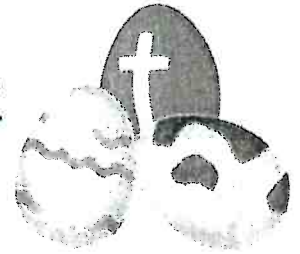
Answer to:

" How Many Animals Are Named On This Page? "

- | | |
|---------------|----------------|
| 1. kangaroo | 14. anteaters |
| 2. donkey | 15. termites |
| 3. geese | 16. ants |
| 4. cats | 17. ostrich |
| 5. dogs | 18. owls |
| 6. polar bear | 19. rhinos |
| 7. camels | 20. starfish |
| 8. hedgehog | 21. jellyfish |
| 9. mole | 22. giraffes |
| 10. crocodile | 23. reindeer |
| 11. butterfly | 24. mosquitoes |
| 12. sheep | 25. slugs |
| 13. snail | |

Easter 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!



Hidden word [circle letters]: _____

a[s]tere _____

vl[o]e _____

sco[r]s _____

g[e]sg _____

[a]bekst _____

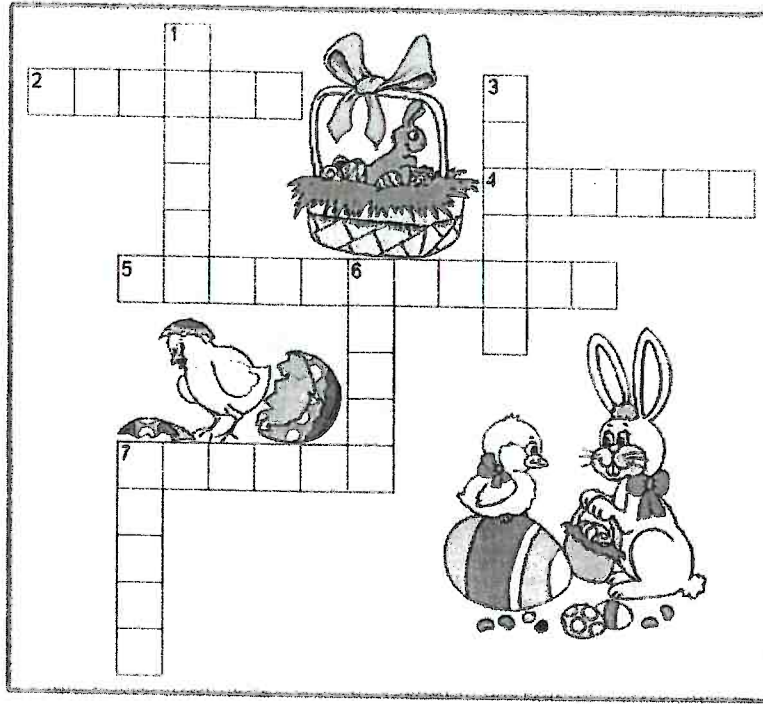
ceeinorrr[s]tu _____

gin[p]rs _____

[v]asiour _____

Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a Prize/lucky 649 Ticket. The highest score wins but in case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the Newsletter. Entries must be submitted by April, 26th. **Good luck**

EASTER CROSSWORD

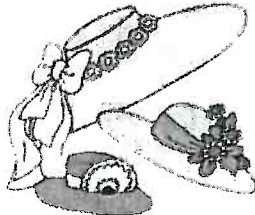


Across

2



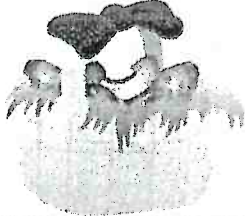
4



5



7



Down

1



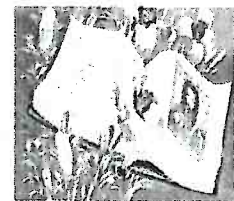
3



6



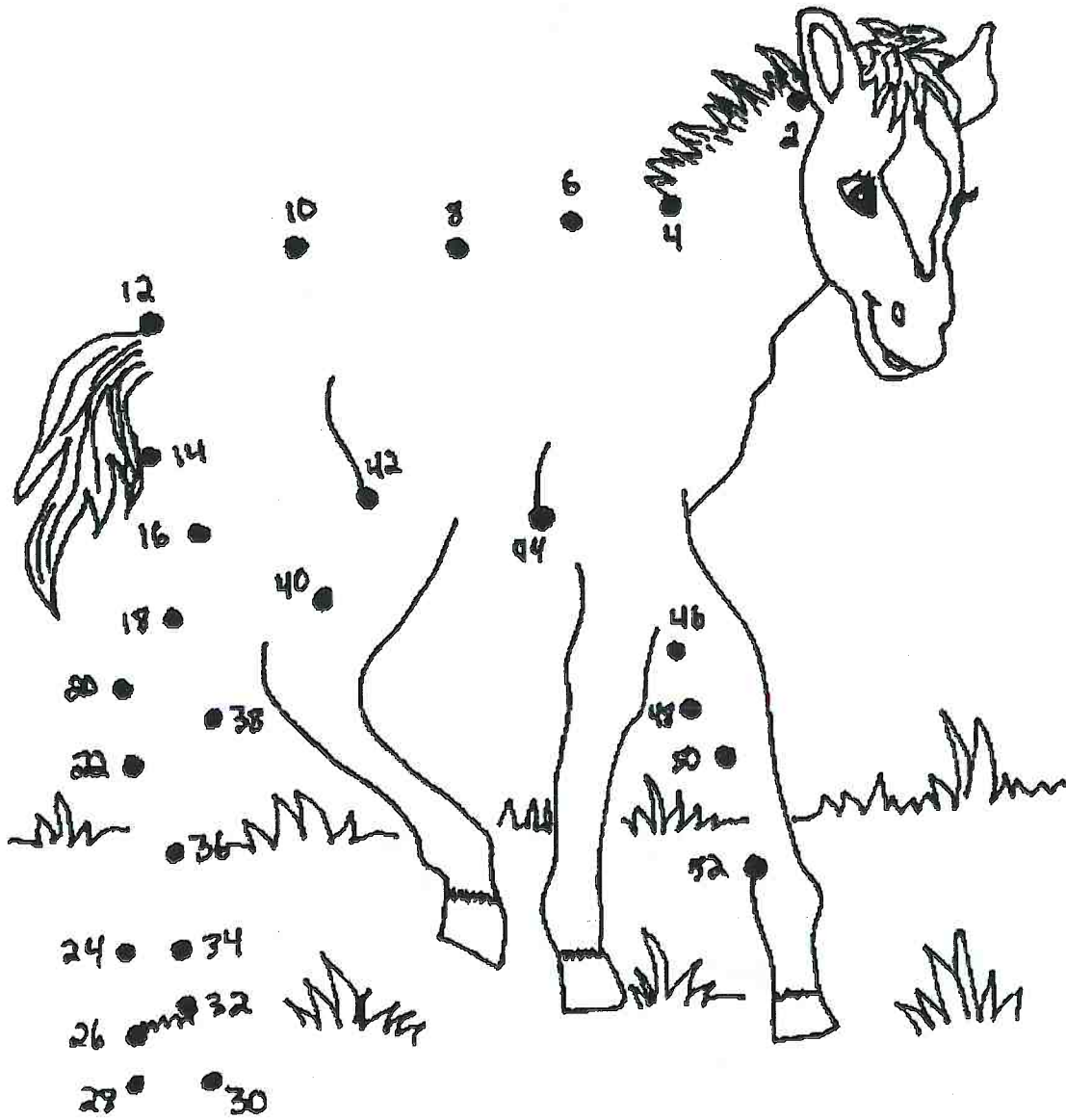
7



The Holyday Spot

Colt

Dot to Dot
Count by 2's (2-52)



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

Horse Breeds Word Search Puzzle

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

ABYSSINIAN	DALES PONY
APPALOOSA	GELDERLANDER
ARABIAN	HIGHLAND PONY
ASTURIAN	MINIATURE
AZTECA	MUSTANG
BELGIAN	PALOMINO
BUCKSKIN	PINTO
CARTHUSIAN	QUARTER HORSE
CASPIAN	SADDLEBRED
CLYDESDALE	SHETLAND PONY

Hey kids!

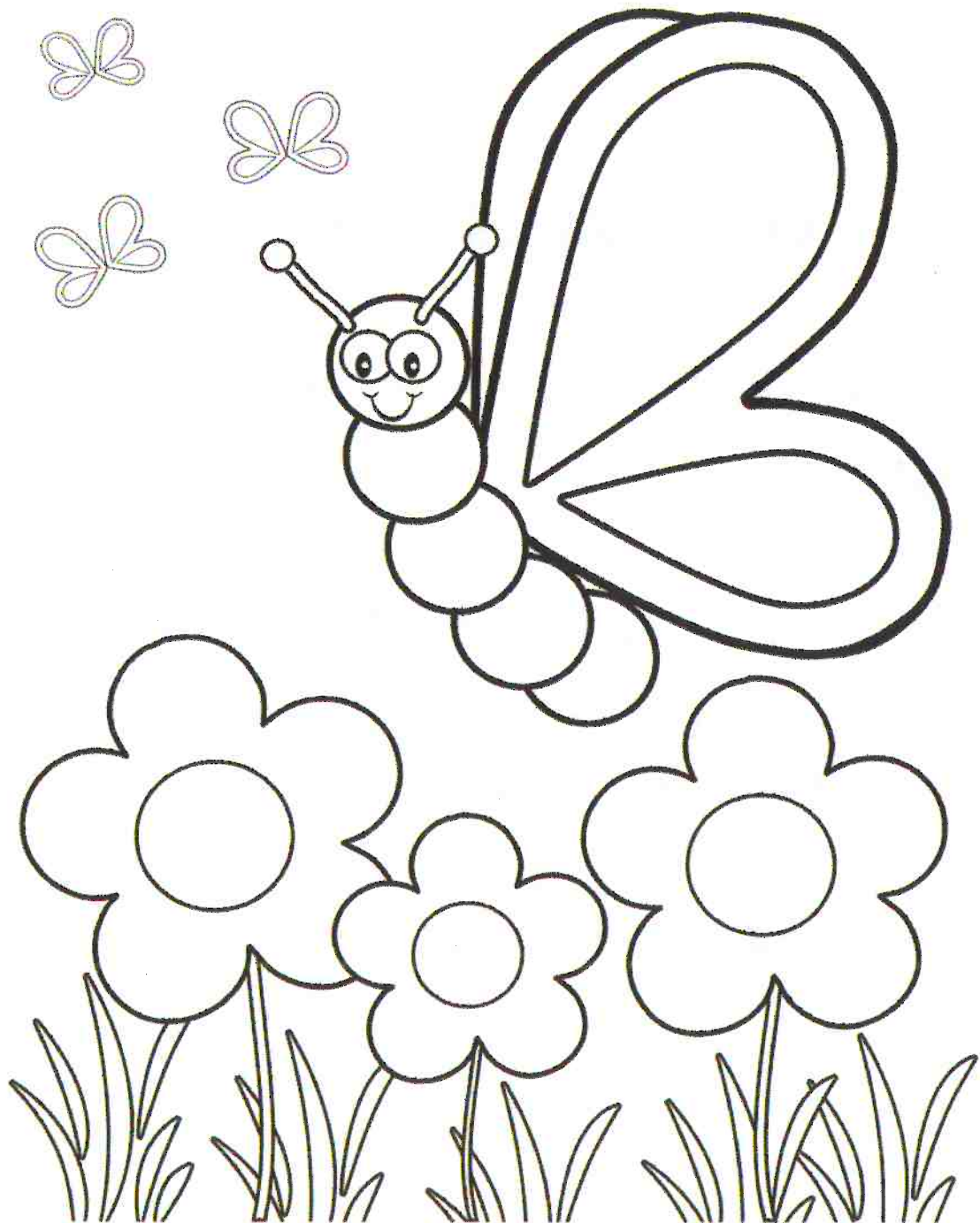


COLOURING CONTEST

On the back of this page is a colouring page.

We will choose the best looking one to be the front cover of the May 2011 NewsMagazine issue.

Good luck - have fun!





THURLESTONE CO-OPERATIVE INC.
 22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9
 (416) 261-1110 (Phone) (416)261-4744 (Fax) Email: thurlestonecoop@rogers.com

PAYOR'S PRE-AUTHORIZED DEBIT AGREEMENT

Customer Information – Please print clearly							
Reference Number - Optional		Surname		First Name		Phone No.	
Address			Apt	P.O. Box	City		Prov Postal Code
Pre-Authorized Debit (PAD) Details							
Fixed Amount \$		Purpose		Personal <input type="checkbox"/>	Business <input type="checkbox"/>	Funds Transfer <input type="checkbox"/>	
Variable Amount Maximum \$		Frequency					
Start Date		Weekly <input type="checkbox"/>	Bi-weekly <input type="checkbox"/>	Monthly <input type="checkbox"/>	Sporadic <input type="checkbox"/>	Other – Specify intervals, set dates or specific act, even or other criteria that triggers PAD <input type="checkbox"/>	
Bank Account Information							
Payor Account Details - Name (<i>the Payor's account at the Processing Institution</i>)							
Institution ID		Branch ID		Account Number – Must be 12 digits			
0							
ATTACH BLANK CHEQUE MARKED "VOID" <i>If only 1 signature is required for the Account, then only 1 Payor need sign. If 2 or more signatures are required, then both or all Payors must sign.</i>							
AUTHORIZATION							
I authorize _____ to debit my account with the aforementioned financial institution for the amount and frequency described above until written notice to the contrary is given.							
Payor Signature			Payor Signature			Date	
WAIVER OF PRE-NOTIFICATION							
I waive any and all requirements for pre-notification of debiting, including, without limitations, pre-notification of any changes for PAD due to a change in any applicable tax rate, top-up or adjustment.							
Payor Signature			Payor Signature			Date	

RECOURSE/REIMBURSEMENT

I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with the PAD Agreement. To obtain more information on my recourse rights, I may contact my financial institution or visit www.cdnpay.ca.

CANCELLATION

This Authorization may be cancelled at any time upon notice being provided by me, either in writing or orally, with proper authorization to verify my identity within 10 days before the next PAD is to be issued. I acknowledge that I can obtain a sample cancellation form or further information on my right to cancel this Agreement from _____ or by visiting www.cdnpay.ca.



THURLESTONE CO-OPERATIVE INC.

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(416) 261-1110 (Phone) (416)261-4744 (Fax) Email: thurlestonecoop@rogers.com

Terms and Conditions

1. In this Agreement, "I", "me" and "my" refers to each Account Holder whose signature appears.
2. I authorize the Payee, in accordance with the terms of my account agreement with my Financial Institution, to debit or cause to be debited the Account for the purposes indicated in this Agreement.
3. Particulars of the account the Payee is authorized to debit are indicated in the Account details section of this agreement. A specimen cheque, if available for the Account, has been marked "VOID" and attached to this Authorization.
4. I undertake to inform the Payee, in writing, of any change in the Account information provided in this Authorization 10 days prior to the next due date of the PAD.
5. Revocation of this Authorization does not terminate any contract for goods or services that exist between Thurlestone Co-operative and me. This authorization applies only to the method of payment and does not otherwise have any bearing on the contract for goods or services exchanged,
6. I acknowledge that provision and any delivery of this Authorization to the Payee constitutes delivery by me to my Financial Institution.
7. Unless I have waived any and all requirements for pre-notification of debiting in the Waiver of Pre-Notification section of this Agreement, I acknowledge that I will receive written notice of the amount and payment date from the Payee at least 10 calendar days prior to the payment date:
 - a. For the first PAD when the amount is fixed for a Business or Personal PAD.
 - b. Anytime there is a change in the amount or payment date when the amount is fixed for a Business or Personal PAD.
 - c. For every PAD when the amount is variable and is a Business or Personal PAD.
 - d. For any change in the amount resulting from an increase in any applicable tax rate, a top-up or any other adjustment for a Business, Personal or Funds Transferred PAD.
8. If this Authorization provides for PADs with sporadic frequency, I understand the Payee is required to obtain an authorization from me for each and every PAD prior to the PAD being exchanged and cleared. I agree that a password or security code or other signature equivalent will be issued and will constitute valid authorization for my Financial Institution to debit the Account.
9. I agree that my Financial Institution is not required to verify that any Personal PAD has been drawn in accordance with the Agreement, including the amount, frequency and fulfillment of any purpose of any Personal PAD.
10. I acknowledge that, if this Authorization is for personal or business PADs, or for funds transfer PADs that have recourse through the clearing system, a PAD may be disputed but only under the following conditions:
 - a. The PAD was not drawn in accordance with this Authorization;
 - b. This Authorization was revoked; or
 - c. Pre-notification was required and was not received.
11. I further agree that in order to be reimbursed, a declaration to the effect that either (a), (b), or (c) took place must be completed and presented to the branch of my Financial Institution holding the Account on or before the 90th calendar day in the case of a personal PAD or a funds transfer PAD that has recourse through the clearing system or, in the case of a business PAD, on or before the 10th business day, in each case after the date on which the PAD in dispute was posted to the Account.
12. I acknowledge that any claim made after the periods set out above must be resolved solely between me and the Payee and there is no entitlement to reimbursement from my Financial Institution
13. I agree that if this Authorization is for funds transfer PADs and the Payee does not provide recourse through the clearing system, then no recourse will be provided through the clearing system (that is, I will not receive automatic reimbursement or recourse from the Payee in the event a PAD is erroneously charged to the Account.
14. I understand that I am participating in a PAD plan established by the Payee, I accept participation in the PAD plan upon the terms, and conditions set out herein.
15. I consent to the disclosure of any personal information that may be contained in the Authorization to the financial Institution that holds the account of the Payee to be credited with the PAD to the extent that such disclosure of personal information is directly related to and necessary for the proper application of Rule H1 of the Rules of the Canadian Payments Association.

AUTHORIZATION

By signing this agreement, I acknowledge having received and read a copy of this agreement. I furthermore agree to be bound by the terms and conditions of this agreement.

I/We warrant and guarantee that the person(s) whose signature(s) are required to sign on the Account have signed the agreement.

Payor Signature	Payor Signature	Date
-----------------	-----------------	------