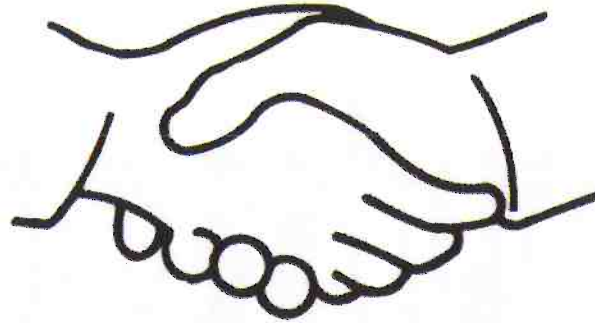


# Thurlestone NewsMagazine



**February 2011**



## **Mission Statement**

**To promote Unity and Participation**

**To inform and Entertain**

### **Inside this Issue**

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### **Committee Members**

Janice Hardacre	1804
Jewel Stephen	2208

#### **Acknowledgements:**

Thanks to all those who helped make this issue possible!

A very special thanks to Alba Salsona who delivers the NewsMagazine each month.



## Notes from the Editor

February 2011

This month is shorter and the days are longer – that can only mean one thing – Spring is around the corner! Or is that wishful thinking? Even though I am looking forward to being outdoors more, it's always important to “be in the moment” even if that moment is in the middle of a snowstorm. You might as well just enjoy it anyway.

Just to get you in the Spring mood, we've included a special Seeds notice in this issue. And, we have lots of love to spread around in this issue too – I hope you enjoy all the Valentine-themed poems and games – and the chocolate chip cookie recipe (one of my favourites!)

Enjoy the ‘brighter’ days of February.



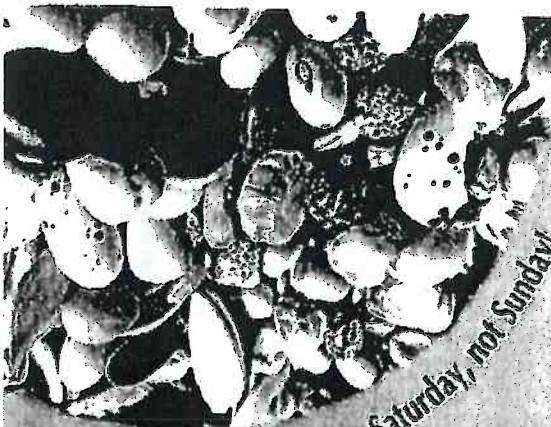
# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Groundhog Day</i> Finance Mtg. 7:00 pm	3 <i>Chinese New Year</i> 	4	5 Membership Meeting 9:00 am
6	7	8 Board Meeting 7:00 pm	9 Finance Mtg. 7:00 pm	10	11	12
13	14 <i>St. Valentines Day</i> 	15	16 Finance Mtg. 7:00 pm	17	18 <i>National Flag of Canada Day</i>	19
20	21 <i>Family Day.</i> <i>Louis Riel Day</i> NewsMagazine 7:30 pm	22	23 Finance Mtg. 7:00 pm	24	25 <i>Heritage Day</i>	26
27	28					

## Special Events on February 2011

- ♥ **Black History Month**
- ♥ **Children's Dental Health Month**
- ♥ **Responsible Pet Owner's Month**
- ♥ **75th Anniversary of the Cub Scouts**
- ♥ **Groundhog's Day - February 2<sup>nd</sup>**
- ♥ **Chinese New Year - February 3<sup>rd</sup>**
- ♥ **Elmo's Birthday (Sesame Street) - February 3<sup>rd</sup>**
- ♥ **Super Bowl XLV - February 6th, 2011**
- ♥ **Abraham Lincoln's Birthday - February 12<sup>th</sup>**
- ♥ **Valentine's - February 14<sup>th</sup>**
- ♥ **National Flag of Canada Day - February 18th**
- ♥ **Pluto - On February 18th, 1930, the Planet Pluto was discovered**
- ♥ **John Glen - On February 20, 1962, John Glen was the first American astronaut to orbit the earth**
- ♥ **Louis Riel Day- February 21<sup>th</sup>. Manitobans, on the third Monday of February, celebrate Louis Riel's vision, his dream of a province that embraces all cultures. He was the driving force behind Manitoba becoming Canada's fifth province**
- ♥ **President's Day - February 21st, 2011. American holiday**
- ♥ **George Washington's Birthday - Feb 22, 1732**
- ♥ **Chopin's birthday - Feb 22nd, 1810. Famous music composer**
- ♥ **Heritage Day in the Yukon - February 25<sup>th</sup>. National Heritage Day, also known as Heritage Day, is celebrated in the Yukon in Canada on the last Friday of February every year and coincide with an annual winter festival known as the Yukon Sourdough Rendezvous.**





The Scarborough event is on Saturday, not Sunday!

# Seedy Sunday 2011

Entrance by Donation

Increasing  
**ACCESS** to  
**Seeds • Gardening • Food**

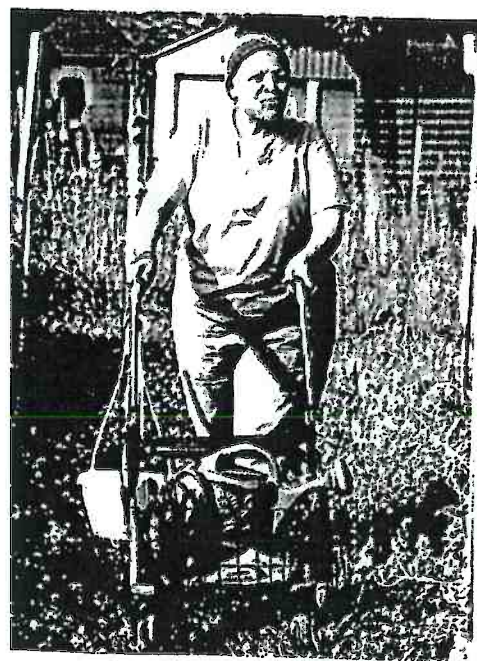
Exchange and buy heirloom seeds, fun kids' activities, workshops & delicious snacks

### THREE LOCATIONS:

**Sunday, February 13th**  
Hart House, University of Toronto  
12:30 - 6:00pm

**Saturday, March 12th**  
Scarborough  
Heron Community Centre  
12:00 - 4:00pm

**Sunday, March 27th**  
North York  
Lawrence Heights Community Centre  
1:00 - 5:00pm



### HOSTED BY:



For more information,  
please visit  
[www.tcgn.ca](http://www.tcgn.ca)  
416 363 6441 x252

### BROUGHT TO YOU BY:







# Dulux

## GTA Municipal Waste Paint Collection Sites



**Paints**



In association with Stewardship Ontario ICI Paints has provided 3 paint collection sites to assist with diverting paint products from our landfills.

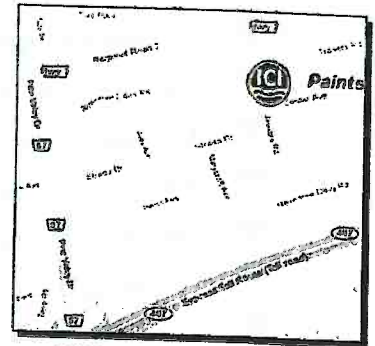
This diversion program will ensure that paint products are disposed of and managed in an environmentally safe manner. The program is totally funded by the Eco Fee and is at no charge to the co-ops.

Strategically situated in the North, East and West regions of the GTA, these ICI Paint locations will accept latex paint, alkyd (oil) paint, aerosols, water based stains and coatings. High Performance Coatings such as epoxies, lacquers and aliphatic urethanes are excluded from this program at this time.

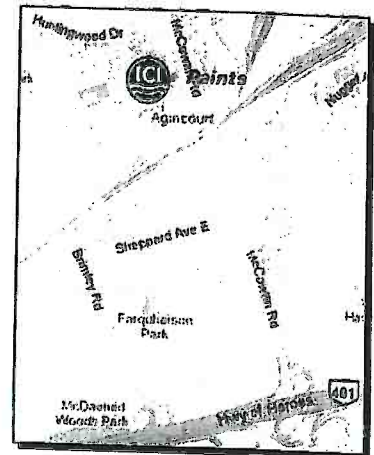
### The program is simple!

The Co-op drops off left over paint (latex or alkyd) at one of these 3 designated locations and Stewardship Ontario provides scheduled pick-up of collected paints.

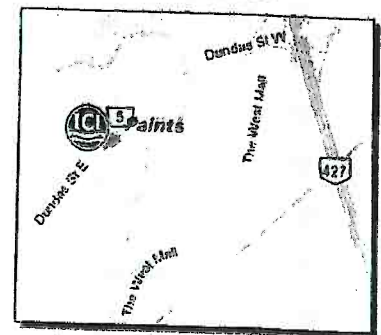
### Collection Sites



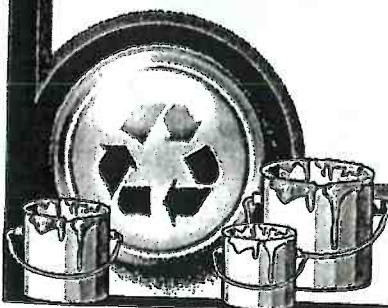
**140 Towers Road, Unit 2  
Woodbridge, ON  
905.851.9636**



**67 Commander Blvd, Unit 1  
Scarborough, ON  
416.298.7810**



**2025 Dundas St. E., Unit 6  
Mississauga, ON  
905.276.2344**



For more information contact Wayde Hayley 416.557.8386  
e.hayley@akzonobel.com

## 21 Reasons I Love You

---

- ♥ I can be myself when I am with you
- ♥ Your idea of romance is dim lights, soft music, and just the two of us
- ♥ Because you make me feel like, like, like I have never felt before.
- ♥ I can tell you anything, and you won't be shocked
- ♥ Your undying faith is what keeps the flame out of love alive
- ♥ You and me together, we can make magic.
- ♥ We're a perfect match
- ♥ Thinking of you, fills me with a wonderful feeling
- ♥ Your love gives me the feeling, that the best is still ahead.
- ♥ You never give up on me, and that's what keeps me going.
- ♥ You are simply irresistible
- ♥ I love you because you bring the best out of me
- ♥ Your terrific sense of humor
- ♥ Every time I look at you, my heart misses a beat
- ♥ You're the one who holds the key to my heart
- ♥ You always say what I need to hear (You are perfect)
- ♥ You have taught me the true meaning of love
- ♥ Love is, what you mean to me - and you mean everything
- ♥ You are my theme for a dream
- ♥ I have had the time of my life and I owe it all to you.
- ♥ When I look into your eyes, I can see your heart.
- ♥ Your love for me is a natural anti-depressant
- ♥ I love to hear your voice.
- ♥ Your love has helped me to rediscover myself.
- ♥ Your love is an effective anti-dote to despair.
- ♥ I love to wake up with you by my side...It makes my days better.
- ♥ You always make me feel that you are by my side no matter what
- ♥ I love that feeling of being secure when you wrap your arms around me.
- ♥ I love the way you keep your cool when I do something stupid.
- ♥ Just being with you feels like I can defy the whole world.
- ♥ You mean the world to me.
- ♥ I like your small gestures that speak volumes about how much you care
- ♥ I love the way you treasure the gifts that I gave you.
- ♥ I love the way you patch up with me after a tumultuous fight.
- ♥ And, of-course, your intelligence, 'cause you were smart enough to fall in love with me ;-)





Only Love

Love can sometimes be fresh.  
 Love can sometimes be new.  
 Love can sometimes make you happy.  
 And sometimes make you blue.  
 Love is the light that radiates from your eyes.  
 Love is your image floating in the skies.  
 Love is true.  
 And darling, the only love for me is you.

~ Lamar Cole ~

Never so happily in one  
 Did heaven and earth combine;  
 And yet 'tis flesh and blood alone  
 That makes her so divine

~ Thomas D'urfey ~

O, my luv'e's like a red red rose  
 That's newly sprung in June  
 O my luv'e's like a melodie  
 That's sweetly played in tune

~ Robert Burns ~



Shall I Compare Thee

Shall I compare thee to a Summer's day?  
 Thou art more lovely and more temperate:  
 Rough winds do shake the darling buds of May,  
 And Summer's lease hath all too short a date:  
 Sometime too hot the eye of heaven shines,  
 And often is his gold complexion dimm'd;  
 And every fair from fair sometime declines,  
 By chance or nature's changing course untrimm'd:  
 But thy eternal Summer shall not fade  
 Nor lose possession of that fair thou ow'st;  
 Nor shall Death brag thou wander'st in his shade,  
 When in eternal lines to time thou grow'st:  
 So long as men can breathe, or eyes can see,  
 So long lives this, and this gives life to thee..

~ William Shakespeare ~

Our Love

As long as there is love,  
 I will cherish you.  
 As long as there is life,  
 I will love you.  
 As long as the stars shine above,  
 I will want you.  
 As long as there are waves in the ocean,  
 I will need you.  
 As long as there is heaven above,  
 there will always be our love.

~ Lamar Cole ~

Have you ever considered writing your personal history? A memoir is a story about your life, tracing your experiences, hopes, failures, success and triumphs.

Regardless of your age, writing about your life offers many benefits such as:

### **Bond with family**

Creating a family history book is a fun way to bridge generational and personality gaps, and can offer an opportunity for members to learn more about one another.

### **Leave a legacy**

Memoir writing leaves a lasting legacy for future generations to read in order to gain perspective on your life and your personality.

### **Fight Alzheimer's**

This troubling disease can be combated through mental activities such as writing a memoir, engaging in crossword puzzles, math problems, and other mental activities in order to keep the brain working well.

### **Bridge geography gaps**

Your family may be spread across the nation or stretched as far as the corners of the earth. Consider online memoir writing services.

### **Memoir Writing Group**

**Date:** Tuesday February 8th, 1:00 to-3:30 p.m.

**Location:** Cliffcrest Library

**Address:** 3017 Kingston Road

**Phone:** 416-396-8916

Meets alternate Tuesdays from 1:00 - 3:30 pm.

Please join us to share, discuss and write!



### **Tips on Writing Memoirs**

- Be kind to yourself – and to others. While it may be painful or exhilarating to experience, it is also what makes a good memoir.
- Stay focused on just what it is you want to say. Create an outline or write down certain words or phrases or even sentences that will remind you of a specific thing you want to mention in the memoir.
- Take your time. It took you years to live your life and have the experiences you had. If you can write just a little each day, you will have something in a few short weeks and months. Good writing means rewriting and editing.
- Don't worry about the details – i.e., was he born at 2pm or 4pm? More important was, how did you feel when your child was born? The emotional truths comprise the story's soul.
- Hold on to your vision. When you are stuck or discouraged, think about how happy or touched others will feel after reading your memoir. Think about how your story will make a difference in their lives – and how satisfied you will feel completing it.

## **Do you listen on headphones in public? Are you concerned about what this might be doing to your hearing, not to mention your social skills?**

*Adapted from article by Li Robbins, CBC Radio 2*

According to a study published in August in *The Journal of the American Medical Association*, about 1 in 5 teenagers in the U.S. (and most likely Canada) can't hear rustles or whispers, not to mention some consonants, like "t" and "k.", or the plinking of raindrops

For teenagers, hearing loss — from slight to severe — is up 33% since 1994 due to listening to music on headphones, in particular using earbuds, which are designed to let in more ambient sound. That means people tend to turn the music up higher than they would if listening on big puffy headphones.

But it's not only kids - if you look around on your morning commute you'll probably see many adults nodding away to their buds too. (And if you're sitting beside someone who has cranked it right up, chances are you'll turn yours up too, like an old-fashioned apartment stereo war.)

The history of using headphones dates back a century, to when one Nathaniel Baldwin, a devout Mormon, grew irked

when he couldn't hear sermons over the sound of the congregation at the Salt Lake

City Tabernacle. His device was first designed as an amplifier. Subsequent innovations were the basis of "sound powered" telephones, or phones that required no electricity, which were used during World War II.

The Walkman appeared in 1979, the invention of Sony, and headphones became part of a walking outfit.

Headphones and earbuds are now used with MP3 players, mobile phones, tablet computers and laptops.

Hearing aside, there's also the issue of what social changes are happening as a result of listening on headphones in shared spaces. Many find it downright antisocial. It definitely makes us less likely to be open to potential human interaction. (Even if the interaction is just hearing what the bus driver says after you tell him he missed your stop.)

Escapism is great, but sound thrives amid other sounds. Protecting our hearing is also protecting our brains!



# ARTS & ENTERTAINMENT

Poems   Drawings   Photographs   Book and Movie Reviews   What's Happening

## **Everything is FREE on Family Day at the TIFF Bell Lightbox !**

Enjoy screenings, activities, exhibitions, concerts and events—all FREE, compliments of Bell.

**Sunday & Monday, February 20 & 21 until 6:00 p.m.** - located at Reitman Square on the north-west corner of King and John Streets (350 King Street West)

To find out more, visit <http://tiff.net/calendar/familyday?from=familyday>

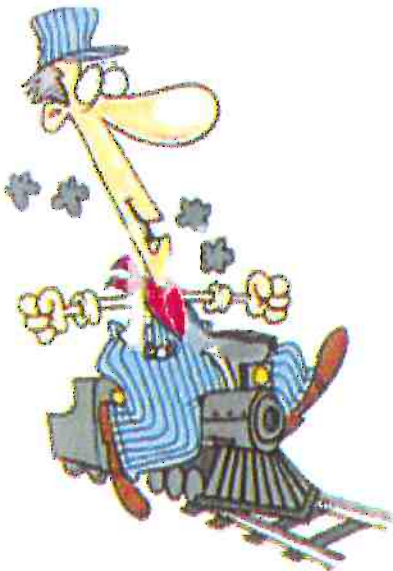
### **FREE TIM BURTON FILMS**

- The Nightmare Before Christmas
- Alice in Wonderland
- James and the Giant Peach



Or enjoy a free exhibition of 3 film classics with **Mary Pickford**.

Sing out loud! Sing out strong! Join stand-up/cabaret artist for a riotous, family-friendly sing-a-long featuring hit tunes from great movies.



### **Scarborough Model Railroaders TRAIN SHOW**

Come see and hear these beauties run!

Sunday, February 27 – 11:00 a.m. to 4:00 p.m.

17 Jeavons Avenue (east of Birchmount between Danforth Avenue & Danforth Road).

Tickets: \$5 (adults); \$2 (children); \$2 (seniors); \$12 (families)

**More FREE goodies! ...**

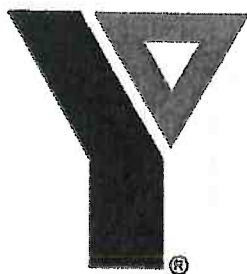
**Free \$5 Gift Card With Purchase of \$15 or More at Bulk Barn**

Bulk Barn is giving out **Free \$5 Gift Cards** with every purchase of \$15 or more (before taxes). Offer good for purchases made between February 4 through February 10, 2011.

\*Limit of 1 Gift Card per customer, per store visit. Gift Card must be redeemed on future purchases only.

**Try the Y for 2 weeks – FREE !**

**Now is the perfect time to recommit to your fitness and well-being.**



**YMCA**

Enjoy a free, two-week trial pass. Take the “Try the Y Pass” to the membership desk of your local YMCA Health, Fitness and Recreation Centre. Experience the YMCA for two weeks, absolutely free.

Offer expires June 30, 2011.

Limited to 1 free trial offer per person. No cash value; not for resale or transferable; non refundable. Photo ID required on first visit.

Metro Central YMCA, 20 Grosvenor St. (NW corner of Yonge and Grosvenor)

Solution to the:

# New Year Anagram

- rohns : horns
- tefas : feast
- ftgi : gift
- notilesrou : resolution
- sabh : bash
- laracden : calendar
- tufenor : fortune
- tighmnid : midnight
- adpera : parade
- vyelrer : revelry

Solution to last month

Sudoku:

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

February Sudoku:

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

# Valentines Day Anagram

## Instructions -

Rearrange each set of letters to form words that match the meaning of the word clues provided on the right side of the blank spaces. Write down each word you find out on the blank space meant for it.

SORE

\_\_\_\_\_

What you must give your sweetheart on  
Valentine's Day.

DEW

\_\_\_\_\_

Many people do this on Valentine's Day.

SERVE

\_\_\_\_\_

Compose this and your sweetheart will be  
pleased.

RAVE

\_\_\_\_\_

A broken heart brings this out.

FILE

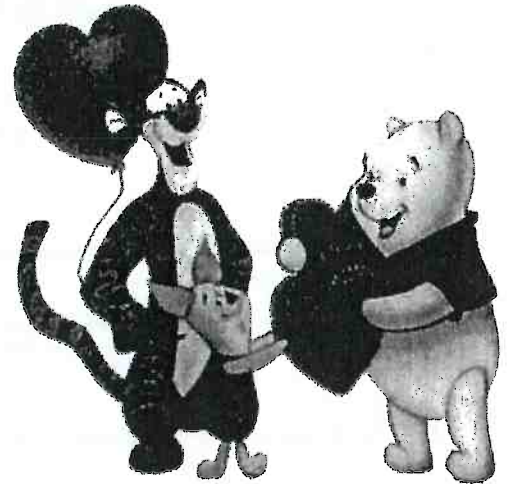
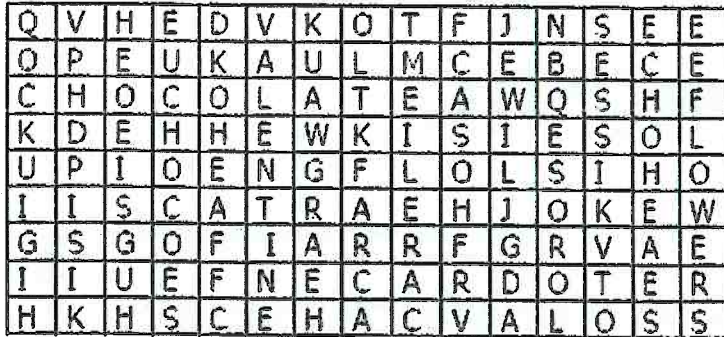
\_\_\_\_\_

Love is another name of this.



Submit your answers to the NewsMagazine box at the Office to win a Prize/lucky 649 Ticket. The most correct answers 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 Feb, 19<sup>th</sup>. Good luck

## Valentines Day Word Search



### Words to Find

CARD

HEART

VALENTINE

LOVE

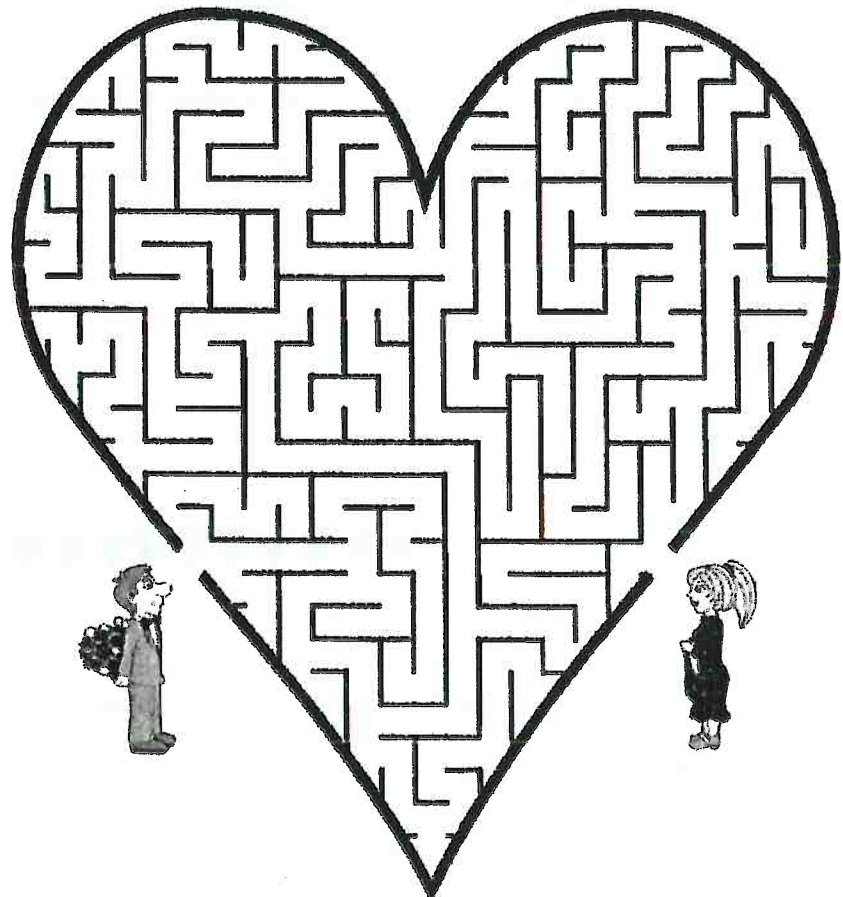
HUGS

KISSES

FLOWERS

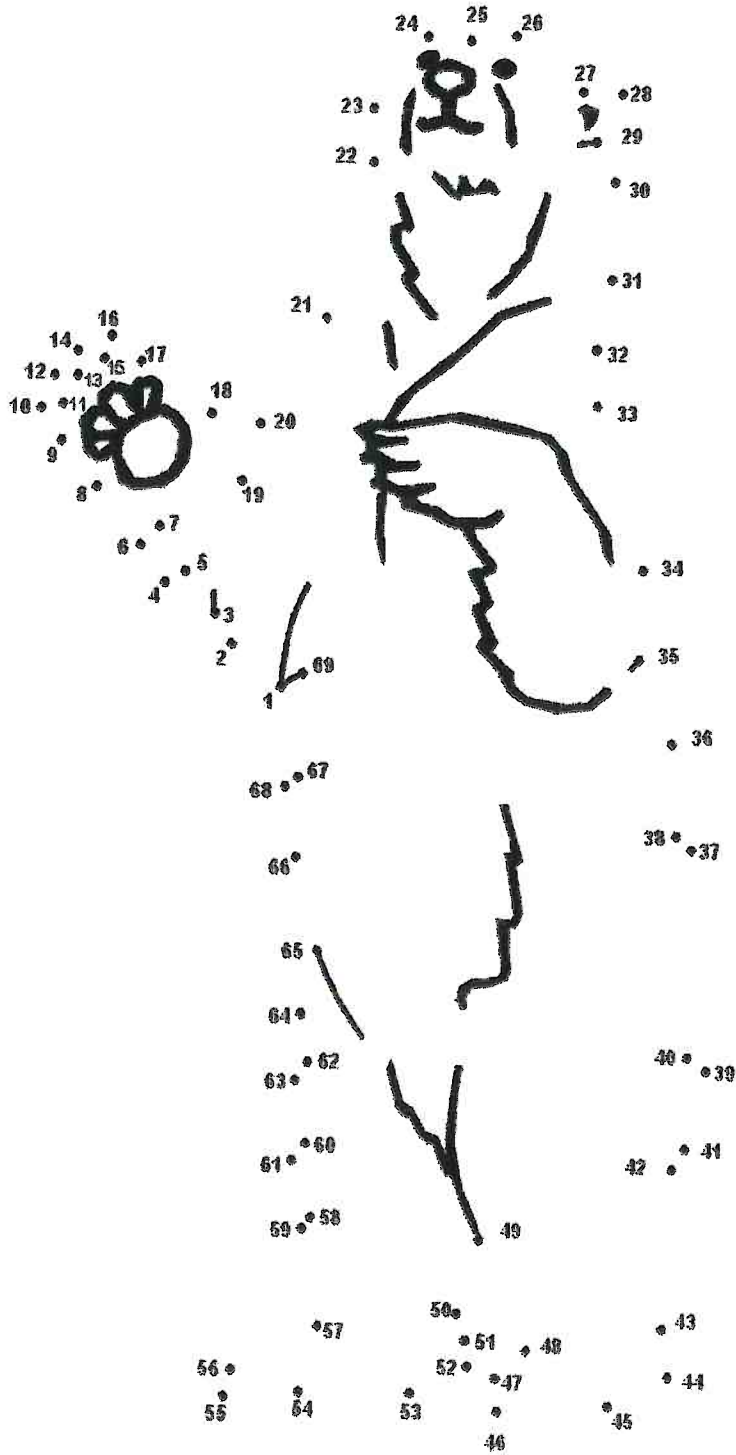
CHOCOLATE

Help the man find his way through the maze to deliver the flowers to the lady





# Polar Bear Dot-to-Dot Puzzle



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

\_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_  
 8 20 14 8      18 20 25 17 20      18 26      17 14 2 2      14      12 13 3 26

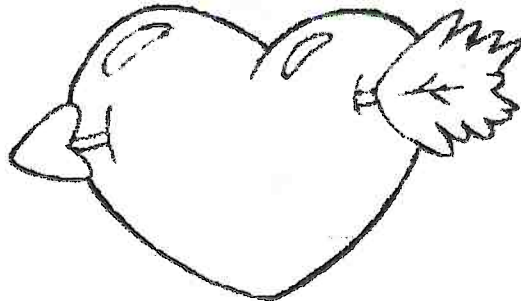
\_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_  
 9 10      14 6 10      13 8 20 26 12      6 14 7 26      18 13 24 2 11

\_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_  
 3 7 26 2 2      14 3      3 18 26 26 8

**Directions:**

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

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



*KidZone.ws*



Hey Kids!

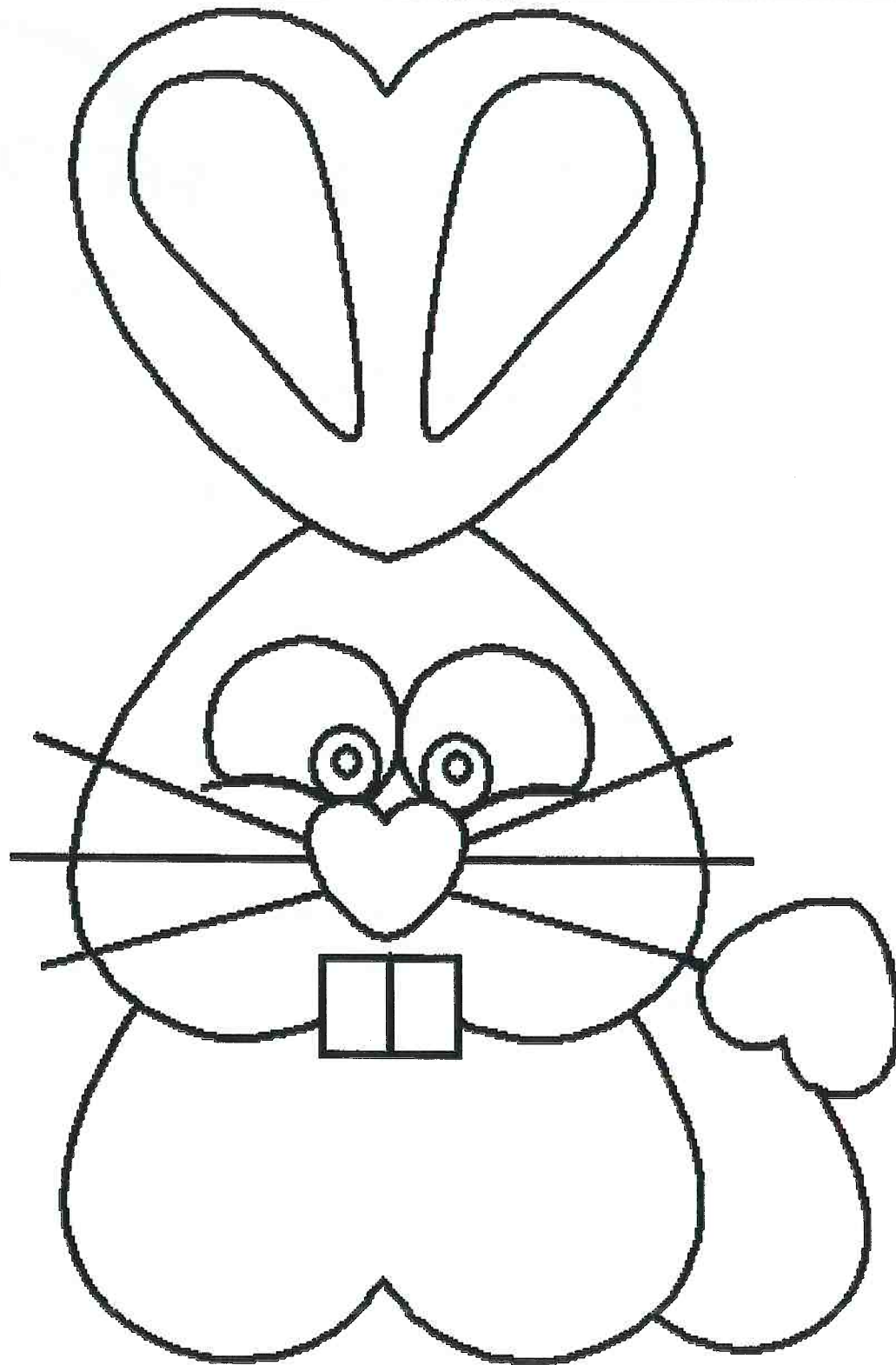
*Submission Deadline : Feb. 19/11*

If you decode the message, cut and drop this portion in the box on the office door.

Write the message: \_\_\_\_\_

Your name: \_\_\_\_\_ Unit number: \_\_\_\_\_ And age: \_\_\_\_\_

The first one to give us the answer to the cryptogram will win a prize. Good luck.



Q: What did the bunny say to his girlfriend on Valentine's Day?

A: Some-bunny loves you!

The NewsMagazine Committee is always looking for your contributions ~ please send in your ideas, artwork, stories, recipes, etc. Also, please consider joining us to help develop, prepare and deliver the NewsMagazine.



## Congratulations

The winner of our January contest is **Sargol** !

**DEADLINE** for submission of answers to this issue's contest is February 19th

Do you have a favourite recipe you would like to share? This is one of my favourite cookie recipes – people always tell me that they love these cookies !

### Oatmeal Chocolate Chip Cookies

2/3 cup	butter, softened	150 mL
1 cup	packed brown sugar	250 mL
1	egg	1
2 tsp	vanilla	10 mL
1 1/2 cups	large-flake rolled oats	375 mL
1 cup	all-purpose flour	250 mL
1/2 tsp	each baking powder and baking soda	2 mL
1/4 tsp	salt	1 mL
1 1/2 cups	chocolate chips	375 mL

☞ Line rimless baking sheets with parchment paper; set aside.

☞ In large bowl, beat butter with sugar until fluffy; beat in egg and vanilla. In separate bowl, whisk together rolled oats, flour, baking powder, baking soda and salt; stir into butter mixture until combined. Stir in chocolate chips.

☞ Drop by heaping 1 tbsp (15 mL), about 2 inches (5 cm) apart, onto prepared pans. Bake in top and bottom thirds of 375°F (190°C) oven, rotating and switching pans halfway through, until golden, about 12 minutes. Transfer to rack; let cool. *(Make-ahead: Store in airtight container for up to 5 days or freeze for up to 2 weeks.)* Makes about 36 cookies.  
 PER COOKIE: about 119 cal, 1 g pro, 6 g total fat (3 g sat. fat), 16 g carb, 1 g fibre, 16 mg chol, 75 mg sodium. % RDI: 1% calcium, 5% iron, 4% vit A, 4% folate.