

THURLESTONE NEWSMAGAZINE

MARCH – APRIL 2013



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

Submissions are always welcomed.

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

t-nm@live.ca

"To everything there is a season, a time for every purpose under heaven: A time to be born, A time to die; A time to plant, and A time to pluck what is planted; ... A time to weep, and A time to laugh, A time to mourn, and A time to dance." Ecclesiastes

Let us make the best use of our time everyday, and remember to do something good for someone today.

Wishing that the Spring blooms your everyday with Happiness.



Inside This Issue

- 2 Calendars
- 4 Board of Directors Meeting Minutes
- 8 Notes from the Co-ordinator's Desk
- 10 CHF- Good Governance Charter -Part I
- 16 Rooftops Canada letter
- 17 Notices: Toronto City Council budget, Cooking classes, Welcome, Farwell-D.T McConville, Be prepare-IMS.
- 25 Articles: Keeping a positive outlook when in pain. 100 Easy Cleaning hints
- 30 Fun & Games
- 36 Attachments

Mission Statement

To promote Unity and Participation To Inform and Entertain

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Membership Mt.g 11:00 am
3	4	5	6	7 Finance Mtg. 7:00 pm	8 International Women's Day 	9 Ash Wednesday
10 Daylight Saving Time Begins 	11 March Break Holyday 11 to 15 Commonwealth Day	12 Board Mtg 7:00 pm	13	14	15	16
<i>Cooking Classes</i>						
17 St. Patrick's Day 	18	19	20 First Day Of Spring <i>SPRING</i>	21 NewsMagazine 7:30 pm	22	23
24	25 First day of Passover 	26 <i>GMM</i> Tentative	27	28	29 Good Friday	30
31 Easter Greetings 						

April 2013

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

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

Board Minutes for 08 January 2013

Present: Mike, David, Teresa, Herman, Krys, Deanna, Diana

Absent/Regrets : Lois, Elizabeth

- 1 Call to order 19:05
- 2 Approval of Agenda – Approved by Teresa/Krys, Carried. (see also Confidential section)
- 3 Adoption of Minutes 11 December 2012 – Mike/ Deanna (Teresa & Herman abstain)
- 4 Business Arising – N/A
- 5 Confidential Section – See Confidential Section
6. Co-ordinator's Report
 - 6.1 Administrative Update:
 - a) CHF Canada's International Good Governance Charter - Defer
 - b) FYI Vacation, Sick & Timesheet Report for Diana Hogan 2012
 - 6.2 Maintenance Update
 - a) New Fridge purchased for Unit 2D at cost of \$470- plus HST. Mike/Dave
 - b) Repair and refinish 4C hardwood floors at cost of \$1178.59 and Unit 3C (\$1125.03 already completed) Deanna/Mike
 - c) Motion to order already installed 6x24 inch window in new laundry room doo at 2 Folcroft at no extra cost. Teresa/Deanna
 - d) Notice from Electrical Safety Authority regarding possible inspections. Awaiting their decisions.
 - e) Proposal to paint common area doors and unit frames/elevator door at 2 Folcroft at cost of \$737.50 plus HST and \$200 in paint. Teresa/Deanna
 - f) Proposal to change all common area interior lighting under an energy saving program – deferred.
7. Committee Reports –
 - a) appearance by Jane Bastarache re: Children Committee Proposal. (Cooking). Diana to check on potential Insurance issues. If no issues then Jane will get go ahead for sign up sheets to go out.
 - b) Unit Inspection Committee update – Meeting Jan 10th, 2013.
8. New Business
 - 8.1 Playground Proposal – deferred

8.2 Participation Survey – deferred

8.3 Past Member Collections – deferred

8.4 Folcroft Housekeeping Issues – defer

8.5 Household Composition Update Sample Letter. - Reminder to each unit to go out.

9. Next meeting Tuesday January 29th, 2013

10. Adjournment at 10:25 p.m.

Teresa Simmons, Acting Chairperson

Michelle Burke, Recording Secretary

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

Board Minutes for 11 December 2012

Present: Lois, Mike, David, Krys, Deanna, Diana

Absent/Regrets : Herman, Teresa, Liz, Melanie

- 1 Call to order 19:07
- 2 Approval of Agenda – Mike/ Krys
- 3 Adoption of Minutes 13 November 2012 – Lois/Krys
- 4 Business Arising – N/A
- 5 Confidential Section – See Confidential Section
- 6.1 Administrative Update:
 - a) FYI – The Agency for Co-operative Housing's 2012 Risk Assessment Report.
 - b) FYI Insurance response to possibility of common use of sheds.
 - c) FYI The Agency S95 Validated AIR for review
 - d) FYI City of Toronto Insurance response re: flooding – Not Eligible.
 - e) Lieu/Holiday time for Diana. Lois/Krys
- 6.2 Maintenance Update
 - a) Shady Lane Tree Care to remove fallen tree behind 18 Fishleigh, as well as a few others around the property. Dave/Krys
 - b) Request from Anita Lowe of 2 Folcroft to have the exterior of 2 Folcroft painted. This matter deferred for budget.
 - c) Request to have 2 Folcroft carpets cleaned for \$300. Lois/Dave. Rick to help clean 2 Folcroft for 7 hours Lois/Deanna. Letter to be sent to members re:chores.
 - d) Request to have the 22 Fishleigh Office waiting area in basement. Co-op property so should be ok in that regard.
7. Committee Reports – Approval of 1st Quarter Financial Statements from June 1st to August 31st 2012. Motion to approve Lois/Mike
8. New Business
 - 8.1 Playground Proposal – deferred
 - 8.2 Participation Survey – deferred
 - 8.3 Past Member Collections – deferred
 - 8.4 Garbage Issues at Fishleigh. Memo to be sent out (see 5.7)
9. Next meeting Tuesday January 8th, 2013
10. Adjournment 10:35

Lois Logie, Chairperson

Mike Burke, Recording Secretary

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

Board Minutes for 13 November 2012

Present: Lois, Mike, David, Melanie, Herman, Krys, Deanna, Teresa, Liz, Diana

Absent/Regrets : n/a

- 1 Call to order 19:00
- 2 Approval of Agenda, with addition of Folcroft Notice re:accessing visitors – Lois/Herman
- 3 Adoption of Minutes 23 October 2012 – Teresa / Lois
- 4 Business Arising – N/A
5. Confidential Section: See Confidential Section
6. Administrative Update:
 - a) Rooftops Canada requested annual donation - \$100 donation Mel/Lois
 - b) FYI The Agency Comparative Data report for review
 - c) FYI The Agency S95 Validated AIR for review
 - d) FYI The Agency 2012 Compliance Letter for review
 - e) FYI The Auditor's Annual Draft Management Letter
 - f) Diana proposed lieu time / holiday time. Herman / Mel
- 6.1 Maintenance Update
 - a) Approval for addition work in 1601 resulting from leak above for \$1900 plus HST. Mike/Lois
 - b) Approval to purchase snow blower \$548 plus HST Lois/Mel
 - c) Approval to purchase new fridge for 2404 for \$550 (approx) Herman/Lois
 - d) Quote from The ReGroup Inc. For bathroom reno for 2209 is \$7200 plus HST Teresa/Deanna
 - e) Quote from The ReGroup for new laundry room door at Folcroft for \$800 plus HST Teresa/Liz
 - f) Quote from Shady Lane Tree Care for removal and pruning of trees for \$4505 plus HST Teresa/Deanna
7. Committee Reports – N/A
8. New Business
 - 8.1 Playground Proposal – deferred
 - 8.2 Participation Survey – deferred
 - 8.3 Past Member Collections – deferred
 - 8.4 Postings at Folcroft re: Not Allowing Non-Residents into Building.
9. Next meeting 0 Tuesday December 4th, 2012
10. Adjournment @ 10:45 p.m.

Lois Logie, President

Mike Burke, Recording Secretary



Notes from the Co-ordinator's Desk



**OFFICE
HOURS:**

OFFICE OPEN

Monday to Thursday

12:30 – 3:30 pm

Fridays 9:00 am – 12 pm

OFFICE CLOSED

- March 13-14, 2013
- Good Friday,
March 29th, 2013

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, 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



Cold Weather and Effects to Folcroft Units

The cold weather will soon be disappearing once spring makes its entrance into 2013. But until the warmer weather comes, however, we must continue to deal with some of the winter affects to member units resulting from colder weather outside. This can sometimes involve heating concerns, for example, or for Folcroft units, it sometimes involves indoor air quality

concerns. One concern that often appears during winter in 2 Folcroft units is excess moisture and condensation within the units.

For Folcroft units, given their larger sized units with larger numbers of occupants, dry air flow becomes increasingly important in order to maintain good indoor air quality.

The Co-op received advice from its engineers a number of years ago as to how to best manage Folcroft units concerning indoor levels of moisture and condensation. Moisture and condensation often concentrates around windows, patio doors, and in bathrooms. The engineers recommended the following measures to help manage these issues:

- Ventilate indoor air through regular use of well-functioning bathroom and kitchen range hood exhaust fans. If your fans are not working properly or seem weak in any way, please notify the Co-op Office for repair/replacement.
- Ventilate indoor air in your unit during the winter by opening windows slightly, even for brief periods on dry days

Notes from the Co-ordinator's Desk

- Use a dehumidifier if moisture is excessive and other measures have also been taken. The Co-op is able to test moisture levels in your unit to determine if it is within normal limits. The Co-op can also supply a dehumidifier when it finds that the moisture readings are excessive and the other measures have been implemented as well.
- Make sure to regularly clean off any moisture or condensation and to dry all surfaces where moisture condenses, such as on windows, window ledges, patio doors and tracks, and on bathroom tiles and toilets. This will help to prevent molds from growing.
- Make sure bathroom fans and range hood fans are in good working order. Otherwise, please put in a work order at the Co-op Office to have them repaired or replaced.
- If mold does start to form (often black colour, but it can come in many different colours), please make sure to wash off immediately and to dry area completely. Mold requires dampness or wetness to thrive and cleaning off and drying surfaces and keeping them dry is key to avoiding molds.

It has been recommended by Canada Mortgage and Housing Corporation that residents living in apartments may clean small areas of mold by using

hot soapy water, using regular dish soap. Any mold that might develop in Folcroft units is usually around windows, window ledges, patio doors, and frames, and within the bathroom areas. Please make sure to keep all of these areas clean and dry as much as possible during the winter months in order to avoid molds.

Understanding how the moisture gets into your unit may also be helpful. Moisture increases with numbers of persons residing in a unit because the amount of showering increases, as well as the amount of cooking steam that is generated daily in a unit. If a unit has house plants, this can also deposit moisture into the air. People also release water/moisture into the air through their bodies by aspiration and perspiration. All of this is normal living and is to be expected. Moisture from these normal and natural sources can be effectively managed with good working bathroom and range hood fans, ventilation through windows, and, where necessary, the use of dehumidifiers, as well as preventative measures, such as keeping damp surfaces dry and clean.

If you have any questions about indoor air quality, or require help with your unit's moisture levels, condensation problems, or molds, please

don't hesitate to contact the Co-op Office for assistance.

*Have a Wonderful
March 2013!*

*Diana Hogan
Co-ordinator*

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



DEC 11 2012

The CO-OPERATIVE HOUSING FEDERATION of Canada

An International Good Governance Charter for Housing Co-operatives

Dear CHF Canada Members,

We are pleased to send you a copy of the new **International Good Governance Charter for Housing Co-operatives**, recently adopted by ICA Housing. ICA Housing is the housing sector organization within the International Co-operative Alliance, which is the apex body for co-operatives throughout the world.

First a little background. CHF Canada is a leading member of ICA Housing. Our executive director currently serves as ICA Housing's vice-president.

In 2011, ICA Housing took note of our work with Canada's housing co-ops on good governance. ICA Housing invited CHF Canada to develop a good governance charter that would help housing co-ops around the world improve their governance practices. CHF Canada accepted the invitation and got to work.

Over a week in October 2012 the International Co-operative Alliance held a series of special events in Manchester, England, to mark the **International Year of Co-operatives**. During the week, CHF Canada presented the results of its work, the **International Good Governance Charter**, to the members of ICA Housing. The members unanimously approved the Charter for worldwide adoption. We are very pleased and proud to have led this work, which is an International Year of Co-operatives legacy project for ICA Housing.

The Good Governance Charter for Housing Co-operatives charter has three parts:

- A 10-point set of good governance practices
- An interpretive statement for each good practice
- The International Co-operative Alliance's statement on the Co-operative Identity, which includes the seven **International Co-operative Principles**

If you have followed the work CHF Canada and our regional federation partners have been doing on good governance, the contents of the charter will be familiar to your co-op.

How to put the Charter to use

The Good Governance Charter is intended to support the work of your board of directors and how it carries out its duties. It is not long, because it really focuses on the fundamental principles of governance and ethics that apply internationally to all housing co-op boards of directors. Here's how we suggest you use it.

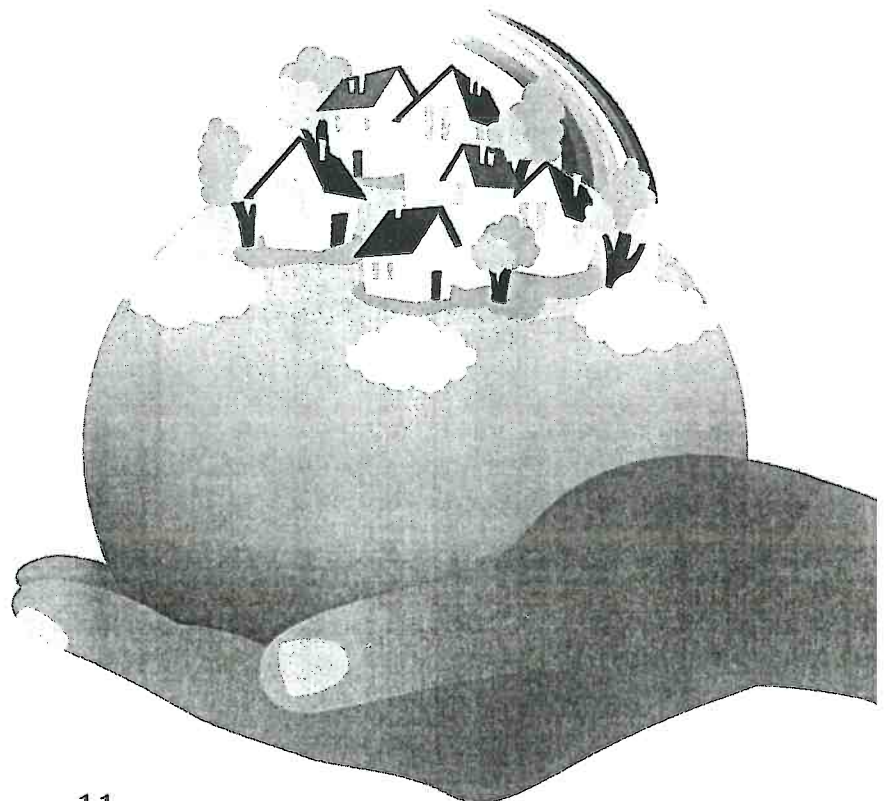
- First, put it on the agenda for a members' meeting to raise awareness of the Charter. Give your members copies of the document in advance of the meeting. Give the members an opportunity to discuss the Charter and make comments. We will be putting some Charter talking points on the CHF Canada website to help the discussion.

- Each year, following your annual general meeting, your board of directors can formally adopt the Charter as a set of guiding governance principles the directors agree to follow. This only makes sense if the board has first looked carefully at the Charter and the directors are individually prepared to commit to it.
- Treat the Charter as a living document, something that the board refers to in the conduct of the co-op's business. It can help guide your board through difficult decisions—and help avoid making poor ones.
- The Charter is also an aid to board self-evaluation. Your board can use it as a reference to help assess its performance each year. This is an important part of good governance practice.

CHF Canada and our partners have already created the Good Governance Test, a tool for boards to evaluate their performance, which will help directors improve how they carry out their duties. The Good Governance Test matches the principles of the Good Governance Charter in many ways. The test is available on the CHF Canada 2020 Vision website. Just go to www.chfcanada.coop and follow the links for 2020 Vision.

We really hope the International Good Governance Charter will help your board with its governance practices. And we'd really like to hear your views and feedback on it. Here's how to contact us:

National Office
 311-225 Metcalfe Street
 Ottawa, ON K2P 1P9
 Tel: 613.230.2201
 Fax: 613.230.2231
 Toll-free: 1.800.465.2752





CO-OPERATIVE ENTERPRISES
BUILD A BETTER WORLD



A Good Governance Charter for Housing Co-operatives

As the elected governing body of our housing co-operative, we are committed to providing good governance and principled leadership. To this end, we commit to these good-governance practices:

1. We uphold the international co-operative principles.
2. We act with honesty and in good faith, placing the interests of the co-operative before all others.
3. We exercise care, skill and diligence in carrying out our duties.
4. We act fairly, making decisions without bias or favouritism.
5. We foster democracy within our co-operative.
6. We act transparently, in a spirit of openness and accountability to the membership.
7. We ensure that our co-operative fulfils its legal duties.
8. We provide for sound, accountable management of our co-operative.
9. We have a strategic focus, always looking ahead to our co-operative's future.
10. We plan for leadership succession and renewal.



CO-OPERATIVE ENTERPRISES
BUILD A BETTER WORLD



This is what we understand our commitments to mean:

1. We uphold the international co-operative principles.

The international co-operative principles, as set out in the International Co-operative Alliance's Statement on the Co-operative Identity, give expression to co-operative values and set us apart from all other forms of business enterprise. The principles appear at the end of this charter.

2. We act with honesty and in good faith, placing the interests of the co-operative before all others.

As members of our co-operative's governing body, we owe our first duty to the co-operative. Where we have a particular personal interest in a matter, we will declare our conflict and remove ourselves from the discussion and decision. We place the interests of the co-operative itself before the interests of its members as individuals.

3. We exercise care, skill and diligence in carrying out our duties.

We are diligent in the exercise of our duties. We stay informed and act prudently and to the best of our ability in overseeing our co-operative's business affairs. We pay attention to our co-operative's needs and take action, as required, to protect its interests. We regularly evaluate our individual and collective performance.

4. We act fairly, making decisions without bias or favouritism.

We make decisions based on the rules our co-operative has adopted and the principles that underpin them, without bias or favouritism. We value consistency, neutrality and fairness in dealing with our members, including members with whom we have a personal connection. We respect the diversity of our community and recognize the equality of all our members.



CO-OPERATIVE ENTERPRISES
BUILD A BETTER WORLD



5. We foster democracy within our co-operative.

We respect and promote the democratic control of our co-operative by its members. We give the members the information they need to make sound decisions and set the co-operative's direction. Our members choose the co-operative's leaders in free, open and fair elections. Any member who qualifies may stand for election. We are committed to the education and participation of our members in the democratic life of the co-operative.

6. We act transparently, in a spirit of openness and accountability to the membership.

We are accountable to the members for our performance as a governing body. We report to them on our conduct of the co-operative's business at regular membership meetings. We conduct our business in a spirit of openness and transparency, while respecting the privacy of our members and employees. We listen to what members have to say and we share with them any decisions that affect the membership, or a class of members, as a whole. We strive to maintain a high standard of service to our members and we respond promptly to any questions they have for us.

7. We ensure that our co-operative fulfils its legal duties.

We keep our co-operative in good standing by knowing and following all applicable laws and regulations. We respect the terms of all agreements we have entered into, whether with government or with non-governmental entities. We comply with our co-operative's governing documents and with all obligations to members under the lease, rental or other agreements that grant them occupancy rights.

8. We provide for sound, accountable management of our co-operative.

We see to it that our co-operative is managed with the skill needed to complete all management tasks, including financial management and the upkeep and renewal of our property. We set clear management goals and priorities. We hold our management personnel to account and regularly evaluate our management's effectiveness.



**CO-OPERATIVE ENTERPRISES
BUILD A BETTER WORLD**



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9. We have a strategic focus, always looking ahead to our co-operative's future.

Through strategic planning, we provide for the long-term success of our co-operative and the achievement of its mission. We plan for the sustainability of our property, our finances and our co-operative community. We share our strategic plans with the members and invite their opinions.

10. We plan for leadership succession and renewal.

Continuity of good governance is important to us. We ensure the stability and renewal of our governance through an active nomination process before elections, and by offering our members and leaders training in the practices of good governance. We seek to draw young members into our leadership and we take pride in seeing the diversity of our membership reflected in this governing body.

Thurlestone Co-operative Incorporated
3 - 22 Fishleigh Drive
Scarborough ON M1N 1G9

January 21, 2013

Dear Friend of Rooftops Canada:

On behalf of Rooftops Canada and our partner organizations in Africa, I want to thank you for your recent generous donation of \$ 100.00. Your ongoing support is helping make decent housing possible for thousands of people in vulnerable communities.



New homes, Faith Foundation
Housing Co-op, Kenya

Over the past year, our partners in Kenya, Tanzania and Zimbabwe made 1,830 loans for land, infrastructure and housing. Many of these loans were to groups. As a result, some 4,000 households – 20,000 people – are on the road to a better life.

I visited Faith Foundation Housing Co-op in Nairobi, Kenya just a few weeks before its completion. The co-op members were bursting with pride and excitement. In July, the co-op's formal opening was given prominence on Kenyan national television. And, just a few days ago, Rooftops Canada, and our partner, the National Cooperative Housing Union, were featured in a Kenyan national newspaper article as leaders in the provision of housing finance for the poor. With your support we are making a huge impact helping families reach their dream of a home.

The harsh reality for low-income urban families in Africa, is that they cannot afford to purchase even the most basic house. Our partner, WAT Human Settlements Trust in Dar es Salaam, Tanzania provides loans of about \$1,000 to secure a plot of land. Once this loan is repaid, families can take more loans to build a house room by room. Your generous contributions are making this possible. They help us provide technical assistance and organizational support. In most cases, every dollar you donate is matched by three dollars from our major Canadian partner – the Canadian International Development Agency.



WAT-HST's technicians discussing
the Mwasonga housing development
with beneficiaries in Tanzania.

With your support we will continue to partner with local organizations on the ground in Africa to improve housing conditions and creates a path to a better quality of life for thousands of families.

Again, thank you very much for your support and very best wishes for 2013.

Yours Sincerely,



Barry Pinsky, Executive Director, Rooftops Canada – Abri International

Diana Hogan

From: Councillor Crawford
[councillor_crawford@toronto.ca]
Sent: January-18-13 4:45 PM
Subject: The 2013 City Budget

Dear residents,

On January 16, 2013, Toronto City Council delivered a fair, sustainable and balanced budget for the 2013 tax year. This budget marks the first time since amalgamation that the city will not rely on surplus funds or "found money" to balance its books.

As a new member of the Budget Committee, I saw firsthand how difficult budget decisions can be. Under the leadership of our Budget Chief, Councillor Mike Del Grande, my fellow committee members and I, worked tirelessly to present a budget to City Council.

Some highlights include:

- Reinstating free adult recreation at priority centres
- Increase in collection materials for the Toronto Public Library
- Hiring 35 fire prevention officers and firefighters, on top of the 40 new firefighters who will graduate on February 1st.
- Hiring 40 new full-time and 11 part-time paramedics
- A commitment of \$117,800 for Toronto Public Health's Student Nutrition Program

The balanced 2013 operating budget came in at \$9.4 billion and a 2013-2022 capital budget and plan totaling \$15.3 billion was also approved. This year's operating

budget includes a moderate property tax increase of 2 percent for residents and 0.67 percent for businesses and a five cent fare increase for TTC riders.

Additionally, City Council also voted to add \$12.4 million to preserve and/or enhance the following program and services. These funds will be taken from reserve and revenue accounts without increasing property taxes:

- Hiring 63 new firefighters
- \$894,500 for the Community Partnership and Investment Program (CPIP)
- An additional \$1.16 million in funding for the Student Nutrition Program (on top of the committed \$117,800)
- \$250,000 for the Toronto Parks and Trees Foundation

More information on the 2013 budget can be found

here:
<http://www1.toronto.ca/wps/portal/toronto/content?vgnextoid=940a0ba26746a310VgnVCM1000003dd60f89>

RCRD

A portion of the budget that I am especially proud of has been the increase to arts and culture funding in the City of Toronto.

As many of you know, I am a passionate advocate for the arts and during the budget process, I successfully presented a motion at Executive Committee that called on City Council to allocate \$6 million from the city's "Third party Sign Tax" (Billboard Tax) for the sole use of increasing this year's funding for arts and culture.

Investing in the arts is not only one of the most socially responsible things we can do, but it is also one of the most fiscally sound investments we can make.

In addition to this, \$17 million would be allocated over four years to increase culture spending from \$18.30 to \$25 per capita. My motion was supported by a majority of members at committee and later at City Council.

While more work needs to be done to match other Canadian cities, this is a big step forward and a win for the arts sector and all Toronto residents.

More information and an article on this initiative can be found here:

<http://www.thestar.com/entertainment/article/1315718--toronto-s-billboard-tax-set-to-fund-city-arts-and-culture>

I want to thank each of you that took the time to contact my office and those that came to City Hall to depute during budget consultations. I am proud that all City Councillors were able to work together and deliver a budget that meets the needs of all Torontonians while keeping taxes low.

Please do not hesitate to contact my office if I can ever be of assistance to you.

Sincerely,

Gary Crawford

Councillor, Ward 36

Scarborough Southwest



CO-OP KIDS COOKING CLASS

Ages 8 to 18 yrs old

(free)

A cooking class for co-op boys and girls who want to learn how to bake cakes, muffins, cookies, etc.

If you live in the Co-op and are between 8 and 18 years old and would like to take part, you must do three things:

1. First you must ask your parent(s)/guardian(s) permission and they must sign a permission form with the Co-op before you can attend.
2. You must call and book your spot in the class with either Jane at 416-841-1802, or the Co-op Office at 416-261-1110 or by email at thurlestonecoop@rogers.com. If spots fill up, we will start a waiting list for future classes.
3. Make sure to attend the first classes running during March Break from March 11th to 15th, 2013 in the Co-op Meeting Room at 2 Folcroft Avenue, 1st Floor Meeting Room starting at 11:30 a.m. and running for about 2 hours.

If you are a parent or guardian living in the Co-op and would like to help out with the class, please call Jane or contact the Co-op Office. Thank you.

Diane Hogan, Co-ordinator
Thurlestone Co-op Inc.
14 February 2013



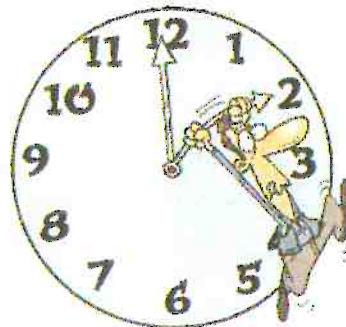
NEW MEMBERS

Jane and Bern Bastarache	18 09
Chantel Hughes	22 09
Johana Brown-Campbell	3 A

**CONGRATULATIONS TO THE WINNER
OF THE CONTEST IN THE LAST NEWSLETTER**

CASEY-LEE BUTLER

**Due to a number of entries, we had a draw
to determine the winner.**



DAYLIGHT SAVINGS TIME starts at 2:00 a.m. on Sunday, March 10.

Set your clocks 1 hour ahead.

We will miss you, David !

*Thanks
for the
memories.*



WINTERS' PATH

By D. T. McConville (18-03)

I feel a cold winds' glance
Across my cheek
I smile to keep me warm
And if winters' path is long and hard
I will smile till spring is born.

I look at you and I look at me
As strangers both alone
But look again through smiling eyes
And we will never again be alone.

The sun goes up the moon comes down
The joy of life is living
Tis a simple thing tho hard at times
That happiness is giving.

I feel a cold winds' glance
Across my cheek
I smile to keep us warm.

I'm Free

Don't grieve for Me , for now I'm Free,
I'm following the Path God laid for Me.
I took His Hand when I heard Him Call,
I turned My Back and left it All.
I could not Stay another Day,
To Laugh, to Love, to Work or Play.
Tasks left Undone must Stay that Way.
I've found that Place at the Close of Day.
If my Parting has left a Void,
Then fill it with remembered Joy.
A Friendship share, a Laugh, a Kiss,
Ah yes these things I too will Miss.
Be not burderned with times of Sorrow,
I wish you sunshine for Tomorrow.
My life's been full, I've savoured much,
Good Friends, Good Times,
A loved ones touch.
Perhaps my Time seemed all to Brieft,
Don't lengthen it now with undue Grief.
Lift up your Heart and Share with Me,
God wanted me now, He set me Free.



EMERGENCY MEDICAL SERVICES

Should you or a loved one need emergency medical treatment, it is important to have complete medical information readily available for paramedics and hospital staff.

For example

- Designated emergency contact person (next of kin) - home, work and cell phone numbers.
- Doctors contact information
- Basic health insurance information - company name and phone number.
- List of allergies, especially drug allergies you know about
- List of drugs or other medications you take on a regular basis
- Blood type
- Updated shot record - some shots will influence your treatment, such as a flu shot, or a tetanus shot.

“IN CASE OF EMERGENCY” INFORMATION FORM

Attached is a Toronto EMS “In Case of Emergency” information form. It’s a good idea to fill it in and leave in a place where people can readily see it. You might want to also keep a copy in your wallet or purse.

This form is easy to read and will provide critical information to healthcare providers at a time when communication may be hindered due to illness or language barriers.

You can also download at <http://www.torontoems.ca/main-site/pdf/ICE%20Sheet2012.pdf>



Keeping a positive outlook when in pain

When you're in pain, it's difficult to see beyond it. But there are ways that can help keep your spirits up. Here are just a few.

Pain can affect your life in more ways than you may expect — namely on an emotional and even financial level. From causing you to feel isolated, anxious, depressed and angry, to disrupting your home and work life, your relationships, pain can limit your number of enjoyable days.

Fortunately, there are ways that may help keep your spirits up so you can maintain a positive outlook.

Carrying on in a positive light

We all have good days and bad days. But on any day, a positive view can help you face what lies ahead. To help do that, consider the following:

- **Try to manage your stress.** Deep breathing can help you relax, relieve muscle tension, and calm a noisy mind. Try deep breathing alone, through yoga or meditation.
- **Try visualization.** To get into a deeper state of relaxation, use as many senses as possible to imagine a place that you find calming — by a stream, on a hammock, or the comfy chair in your childhood home. Take your visualization further by seeing yourself happy while getting a task completed, being productive at work, or attending a social function. Visualize yourself happy and connecting with others.
- **Do your best to sleep.** It seems that everything is better after a good night's sleep. And there's reason for that. Studies suggest that lack of sleep can cause irritability and anger, and is linked to depression. To help

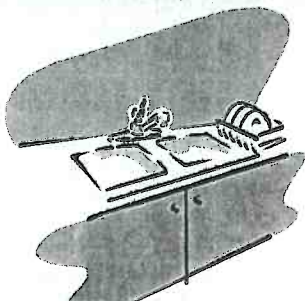
maintain good emotional health — including a sense of resilience and positivity — sleep can go a long way.

- **Keep a journal or diary.** You can find strength and inspiration in your own words by keeping a journal. You may also find that journaling is a good way to release your feelings.
- **Get support.** A support group (even an online one) is a good place to share your experience with other people who have found ways to stay positive despite being in pain.
- **Be open with friends and family.** Rather than keep bottled up, share your feelings with those you trust. You may be surprised at how understanding and supportive they may be, and how much they can help keep you see the bright side of things.
- **Prepare yourself financially.** Strained finances can be a source of emotional turmoil even at the best of times. To help stay positive, be proactive and realistic about your options should you have to scale back your work hours or you become jobless.

The Heloise Helpline



100 easy cleaning hints for every room in the house



Kitchen

● **Sink:** Sprinkle baking soda on a damp sponge, scrub, rinse. (Baking soda is a cheap, environment-friendly cleaner, and easy to use if you keep it handy in a shaker—like the ones that come with grated cheese or spices.)

If the sink is stainless-steel, clean it with baking soda, which is nonabrasive and won't scratch it. For a gleaming finish, buff sink with a few drops of vegetable oil on a paper towel.

● **Sink drains:** To keep it clean and odor-free, pour in ½ cup baking soda and one cup of white vinegar. Wait till it foams up; flush well with hot water, then cold. (For best results, repeat about once a month.)

● **Range-top drip trays:** Don't bother scrubbing. Just pop them in the dishwasher.

● **Oven racks:** Put them in a large heavy-duty plastic trash bag, add ½ cup household ammonia, close tightly with a rubber band, and let set overnight. The next morning, hose them down outside, or rinse them in the sink.

● **Range-hood filter:** Many metal-mesh filters can be removed and washed in the dishwasher (normal hot-water wash cycle). Wash as a separate load for plenty of water action.

● **Oven-door window:** To clean away baked-on "glaze," wipe with ammonia, wait a few minutes, then remove goop with a plastic ice scraper; wipe clean.

● **Dishwasher:** Brown stains on interior walls disappear if you run the dishwasher (empty) through the wash cycle with one or two tablespoons orange powdered-drink mix in the detergent cup (no detergent). The mix's citric acid does the cleaning.

● **Garbage-disposal odor:** Drop in a few lemon or orange peels, run the water, and grind. Quick, no-cost, and the whole kitchen will smell citrusy.

● **Refrigerator/freezer:** Wipe the inside walls and shelves clean (the door gasket too) with a mixture of one tablespoon baking soda to one quart warm water. Rinse, wipe dry.

● **Refrigerator coils:** Hidden out of sight under the fridge, they're easy to forget—but if you don't dust from time to time, the buildup can gum up the works. Use your vacuum cleaner's crevice tool—or a broom with a sock fastened to the end—and slip it under the fridge, then gently move it from side to side.

● **Countertops:** Sponge away grease with some rubbing alcohol.

For stains, squeeze fresh lemon juice on the area and let soak for 15 to 30 minutes, depending on the stain. Then sprinkle with baking soda and rub gently with a soft cloth. Rinse with water and dry.

● **Countertop dish drainer:** To get it looking new again, soak it in the sink covered with water and ¼ cup bleach for 15 minutes. Rinse.

● **Floor:** Daily dust and crumbs can be swept away quickly if you cover the bristles of your broom with an old pillowcase, held on with a rubber band.

On vinyl flooring, black scuff marks will vanish in no time if you grab a paper towel and use a little elbow grease—that's all.

● **Microwave oven:** To clean (and deodorize) the interior, mix a cup of water with three tablespoons lemon juice in a microwave-safe bowl; let boil in the microwave for ten minutes. Remove the bowl once the water has cooled and wipe the walls clean with a sponge.

● **Wallpaper:** If the paper is washable, apply a baking-soda-and-water paste to grease stains and let it dry (test on a hidden area first). Then brush the paste away with a soft cloth.

Still stained? Try (after testing) dry-cleaning solvent on a clean cloth.

● **Cooking odors:** To clear the air fast, add a tablespoon of white vinegar to a cup of water and boil for a few minutes.

● **Trash-compactor odors:** Before replacing the trash bag, put some newspaper in the bottom of the compactor and sprinkle with baking soda. Then sprinkle a tablespoon of baking soda in the bag three or four times as it fills up.

● **Kitchen sponges:** Quickly freshen them in the dishwasher, clipped to the top shelf (to keep them from falling to the bottom and getting scorched on the heating element).

● **Wood chopping blocks:** To disinfect a wood chopping block (cuts in the wood can harbor bacteria), mix a solution of two to three tablespoons bleach to one quart of water and pour it over the wood. Wait a few minutes before rinsing well. (This also works with a plastic cutting board.)

To clean the surface and remove stains, scrub with a baking-soda-and-water paste; rinse. After cleaning, apply a thin coat of mineral oil (not vegetable oil—it turns rancid), let it soak in for a half hour, then buff.



Living Room

● **Stale carpet smell:** Using a flour sifter, sprinkle the carpet with baking soda. Leave on for 30 minutes, then vacuum.

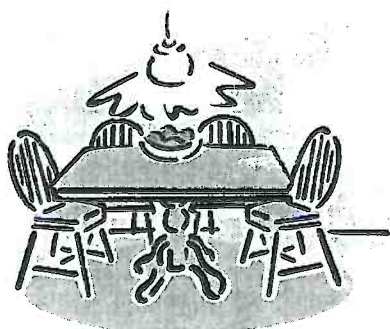
● **Carpet dents:** You've moved the furniture, but the carpet "remembers" the old arrangement. No problem: Leave an ice cube in each dent overnight. By morning, most of the fibers will be fluffed up and all you'll have to do is blot them with a cloth and gently comb the stragglers back in place.

● **Painted walls:** Wash away smudges with mild liquid dish-washing detergent and water (if the walls are greasy, use prewash spray). *(continued)*

THE HELOISE HELPLINE

(continued from page 39)

- **TV screen:** Dust with a soft, dry cloth. Sticky fingerprints? Wipe them away with a cloth lightly dampened with water (be sure TV is turned off).
- **Miniblinds:** Dust with the brush attachment of the vacuum cleaner—or a terry sock slipped on your hand and sprayed with your favorite all-purpose cleaner.
- **Dusty curtains and draperies:** Toss them in the dryer on “air” setting for several minutes.
- **Dingy white curtains:** Try a commercial “whitener and brightener” or “stain remover and whitener,” found in the supermarket’s laundry aisle.
- **Droopy sheers:** A quick way to crisp them: After washing them, dip sheers in a sink full of warm water in which you’ve dissolved a cup of Epsom salts. Hang them on the shower-curtain rod to dry.
- **Oil paintings:** Dust with a soft camel-or badger-hair brush and gentle back-and-forth motion. Never use a rag or feather duster; it can catch on the surface and lift off bits of paint.
- **Carved picture frames:** Reach in all the nooks and crannies by using an empty plastic squeeze bottle. Just squeeze a few times and blow the dust away with a poof of air.
- **Louvered doors:** Dust in a flash with a clean paintbrush—the bigger it is the better.
- **Fireplace:** No need to remove the ashes each time you’ve used the fireplace. Just sweep them to the sides of the grate, pile on fresh logs, and you’re ready for the next fire.
- **Pet hairs on upholstery:** Pick them up with a lightly dampened sponge, or with wide packing tape wrapped around your hand, sticky side out.



Dining Room

- **Chandelier:** For no drips and beautiful sparkle every time, quick-clean the crystals with premoistened, alcohol-based towelettes.
- **Sterling silver:** The easiest way to polish sterling (not plated) silver, as

long as it's a plain pattern, not deeply “carved” or oxidized: Place the silver in a plastic basin lined with aluminum foil; add a gallon of boiling water and ¼ cup baking soda. Once the tarnish has disappeared, remove the silver, rinse, and polish with a clean, soft cloth to prevent spotting. Caution: The experts recommend using this method only occasionally, because, if used frequently, it could damage the finish.

Bedroom

- **Alarm-clock radio:** Quick-clean it with an alcohol-based wet wipe.

Guest Room

- **Bathroom sink odor:** The odor comes from mold that begins to grow in the drain if the sink isn't used for several weeks. Quick fix: Kill the mold, and odor, by pouring ¼ cup bleach down the drain.
- **Tired guest towels:** For a fluffy, just-washed feel and fragrance—when they've been hanging around for awhile—pop them in the dryer with a used fabric softener sheet.



Bathroom

- **Chrome fixtures:** For a quick shine, wipe them down with rubbing alcohol.
- **Stubborn gunk at base of sink fixture:** Wrap toilet paper around base, saturate with vinegar; let set ten to 20 minutes. Remove the paper and brush away gunk with an old toothbrush.
- **Fiberglass tub:** Any inexpensive hair shampoo makes a great low-cost cleaner; scrub away using an old stocking rolled into a ball as a cleaning pad.
- **Tiled shower walls:** They're easiest to clean if you use a sponge mop. Dip it in vinegar, or spray the walls with your favorite commercial cleaner, and mop away—without having to stand in the tub or shower as you clean.

To keep shower walls clean: Use a squeegee on them after every shower; you won't have to clean as often.

- **Tile-wall grout:** To remove mildew: In a well-ventilated area, mix ¼ cup liquid chlorine bleach and one gallon water.

Wearing rubber gloves, dip a sponge in the solution and apply it generously to the walls. Leave on till the mildew is gone, then rinse well.

- **Bathtub ring:** Rub on a paste of cream of tartar and hydrogen peroxide. When it dries, rinse it (and the ring) away.
- **Shower-door tracks:** Fill the tracks with vinegar; let soak a few hours. Pour in water to rinse away gunk.
- **Unightly tub decals:** Remove by spraying on a petroleum-based prewash spray. Let set for 15 minutes or so, then peel back one edge and carefully remove. If there's adhesive left, spray again, let set, scrub with plastic scrubbie and rinse thoroughly (prewash spray leaves the tub very slippery).
- **Clogged shower head:** If you can't remove it, pour vinegar into a sandwich bag and attach it to the shower head with a rubber band for an overnight soak. In the A.M.: a full-strength shower again.

- **Plastic shower curtain:** Clean it in the washer with a few towels, detergent, and baking soda; hang to dry.

If hard-water stains are a problem, add one cup of vinegar to rinse-cycle water to remove mineral buildup.

Mildewed? Add ½ to one cup chlorine bleach to water, wash with white towels.

- **Toilet:** As a cleaning shortcut, drop in a few denture tablets and let them fizz away. Swish with toilet brush.
- **Medicine cabinet mirror:** Clean it with rubbing alcohol on paper towel.
- **Hair spray on painted wall or door:** Mix a paste of baking soda and white, nongel toothpaste and apply with a clean cloth, using a circular motion. Rinse. (Test first to be sure the paste won't fade the paint color.)
- **Countertop clutter:** Hang a large clear-plastic shoe bag on back of door to hold cosmetics or cleaning supplies.

(continued)

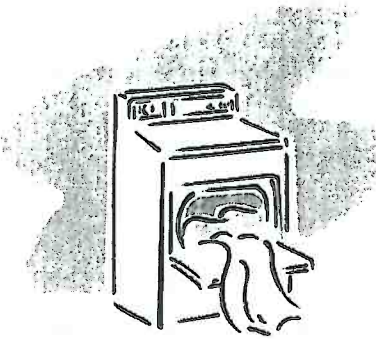
Unexpected Guests?

SPEEDY ANSWERS

- In a big laundry basket, stash anything that doesn't belong in the rooms where the guests will be. Hide it in a bedroom closet.
- Kids' room a mess? Close the door!
- The kitchen: dishes in the sink? Load them into a plastic dishpan and stow it in the oven.
- Give counters a quick wipe-down with vinegar and water.
- In the bathroom, wipe the sink and fixtures with baby towelettes.
- If there's no time to vacuum the entry and living room, just dim the lights so guests won't see the dust.
- Dot light bulbs (before turning them on) with a drop of perfume to give the house a fresh, clean smell.

THE HELOISE HELPLINE

(continued from page 40)



Laundry Room

- **Washer and dryer:** Dust with used fabric-softener sheets—they really pick up dust and loose lint.
- **Fabric-softener dispenser** in washer: To dissolve fabric-softener buildup, pour in very hot tap water, let soak a bit; scrub residue with bottlebrush.
- **Sour odor in washer:** Leave lid open between washings to let washer air out.
- **Dryer stains** (from lipstick or crayons left in clothes pockets): Oil-based pre-wash spray on a clean cloth will remove the stains; wipe away residue with another clean, dry cloth.
- **Window wiper:** The best and cheapest way to dry windows you've washed is with crumpled newspaper. Usually it's the printer's ink that makes the glass sparkle.
- **Light bulbs:** Remember to dust them—easy with an old sock on your hand. Never dust when the bulb is hot—it could break.
- **Ceiling fans:** Slip an old sock on your hand, spray with furniture polish, and wipe the fan blades.
- **Silk flowers:** Put the stems, flower-end first, into a paper or plastic bag filled with ¼ cup salt, and shake a few times.
- **Brass and copper:** Pour vinegar on a sponge, sprinkle with salt, and gently rub away tarnish. Rinse well with water, then dry with a soft cloth.
- **White rings on wood furniture:** Rub with a paste of mayonnaise and cigarette ash, using a circular motion and your fingertips. Buff with clean cloth.

Garage

- **Floor (and driveway):** Sprinkle fresh oil stains with dry cement. Rub it in with an old, stiff broom, and let set for a few hours before sweeping it away.

Home Office

- **Books:** Dust with the vacuum cleaner's round upholstery brush attachment. Holding the book tightly closed, vacuum the cover, then the exposed edges of the pages.
 - **Computer keyboard:** Dust with a large clean makeup brush or paintbrush. To clean the keys, wipe with a soft cloth dampened lightly with glass cleaner.
- If you eat at your desk, turn the keyboard upside down and gently shake it—you may be surprised at what comes tumbling out.
- **Computer screen:** Dust it when you do the keyboard. Fingerprints? Wipe them away with a soft lint-free cloth.

Around the House

- **Speed dusting:** Take two old socks, slip them on your hands, spray with furniture cleaner, and you're ready to dust—on the double.
- **Room freshener:** Freshen the air in the whole house—with hardly any effort—by adding a handful of whole cloves or potpourri, or a sprinkle of ground cinnamon or nutmeg, to the vacuum cleaner bag. As you vacuum, the wonderful scent will fill each room.
- **Garden tools:** Tidy up your tools. Stand long-handled ones in a tall garbage can; hang small ones on S-shaped hooks around the rim.



Patio

- **Mildew on cement:** Mix ¼ cup chlorine bleach with a gallon of water and sweep it over entire floor; leave 15 minutes; rinse with garden hose.
- **Mildewed plastic furniture:** Using a big sponge, wipe it down with a mixture of ¼ cup bleach and one tablespoon laundry detergent in one gallon of water. Let sit for five minutes—no longer. Rinse well.

- **Musty closets:** Keep a bowl of activated charcoal in the closet to absorb the moisture that creates the odor. (Replace every few months.)
- **Ceiling-high cobwebs:** Cover the end of a broom, mop, or fishing pole with a pillowcase and whisk them away.
- **Lamp shades:** Dust with a soft, clean paintbrush. To wash them—as long as they're sewn fabric (not paper or pasted): Dunk shade in a tub of sudsy warm water; rinse; dry quickly with an electric fan or hair dryer (set on cool) so the frame won't rust.
- **Air conditioning vents:** They really do need dusting! The quick and easy way—with the brush attachment of your vacuum cleaner.
- **Telephones:** Clean and disinfect with an alcohol-dampened paper towel (best to do about once a week, even more often during the flu season).
- **Coiled telephone cord:** Stretch it over the long handle of a wooden spoon, push coils close together, and wash with household cleaner on a cloth or sponge.
- **Windows:** For instant sparkle, try my homemade window cleaner: Combine ½ cup each ammonia, isopropyl rubbing alcohol, and water. (Add a few drops of green or blue food coloring for easy identification, put in a spray bottle, and label the bottle clearly.)

- **Garden hose:** Keep it rolled in an old tire—clean, dry, ready to use.
- **Clay pots:** White rings on the outside of terra-cotta pots, caused by minerals in the water, can usually be wiped away with white vinegar.
- **Barbecue grill:** Put in a large, heavy-duty plastic trash bag, add ½ cup household ammonia, close tightly with a rubber band, and let set overnight. The next morning, hose it down outside, or rinse in the sink.
- **Aluminum window frames:** Spotted aluminum frames come clean fast with a solution of water and liquid dishwashing soap. A good-quality aluminum polish, or auto paste wax, keeps them shiny clean.
- **Unkempt cement sidewalks:** Don't waste time pulling weeds that will spring up again in cracks and crevices. Pouring on some salt or vinegar will kill them.
- **Vinyl seat cushions:** Clean with a solution of ¼ cup baking soda in a quart of warm water; rinse and wipe dry.
- **Patio table:** No time to wipe it down? Throw a cloth over it—and don't tell anyone. ★

Send your letters to Heloise, GOOD HOUSEKEEPING, 959 Eighth Ave., New York, NY 10019. Only letters used in the column will be answered.

March-April Sudoku:



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

Solution to the previous Anagram:

rolca	Carol
ekrtuy	Turkey
titnayiv	Nativity
ffginstu	Stuffing
thewra	Wreath
alnstuw	Walnuts
dereiner	Reindeer
ghelis	Sleigh
stetemoil	Mistletoe
ceikoos	Cookies



Spring 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!

d r i s b	_____
t w a h	_____
e g i l m n t	_____
a l e g e	_____
w s n a	_____
w k h a	_____
a c e h p	_____
k o a	_____
a y s p n	_____
e i o l t v	_____

Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a prize. 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 March, 22th. **Good luck**

Name: _____ Unit: _____

Find the words about family vacations, listed below, in the word search grid. Circle each letter one by one. Each letter of the family word search grid may be used in more than one word. When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about vacations.

Family Vacation Word Search Puzzle

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

FAMILY VACATION IDEAS WORD LIST

AQUARIUM

BEACH

BIKE TRIP

BOAT TRIP

CAMPING

COTTAGE

CROSS-COUNTRY

CRUISE

DISNEY

GRANDMA'S HOUSE

HERITAGE PARK

HIKING

RANCH

RESORT

ROAD TRIP

SKIING

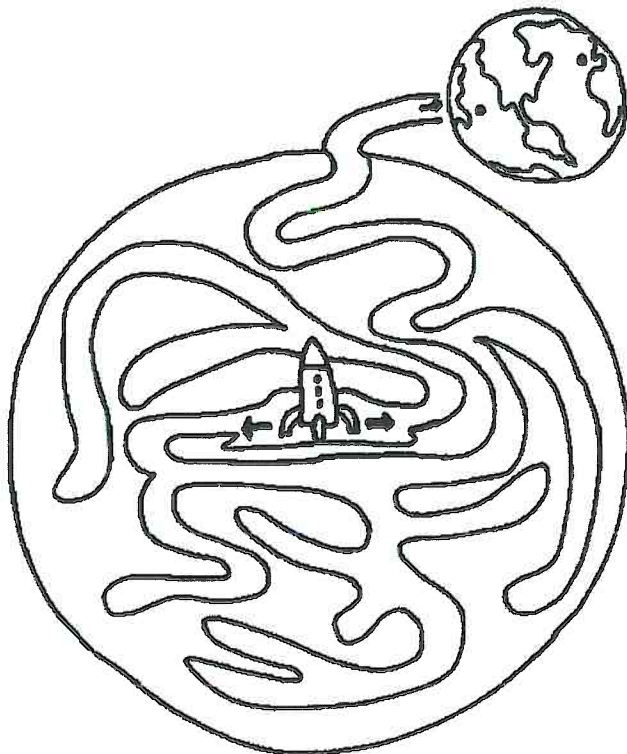
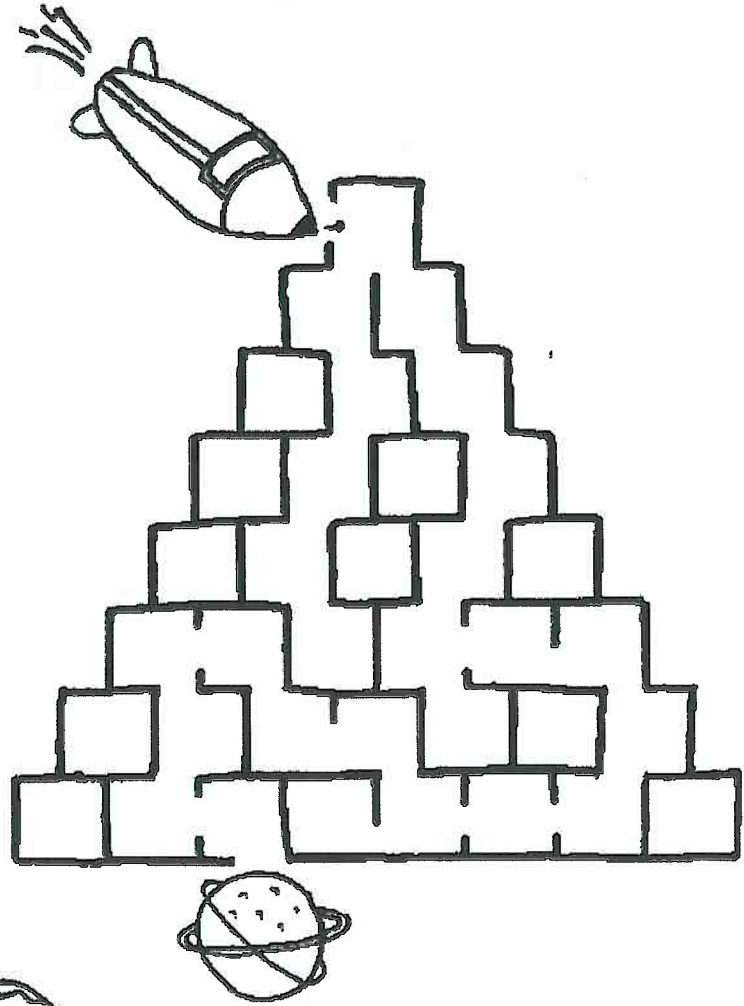
STAYCATION

THEME PARK

TRAIN TOUR

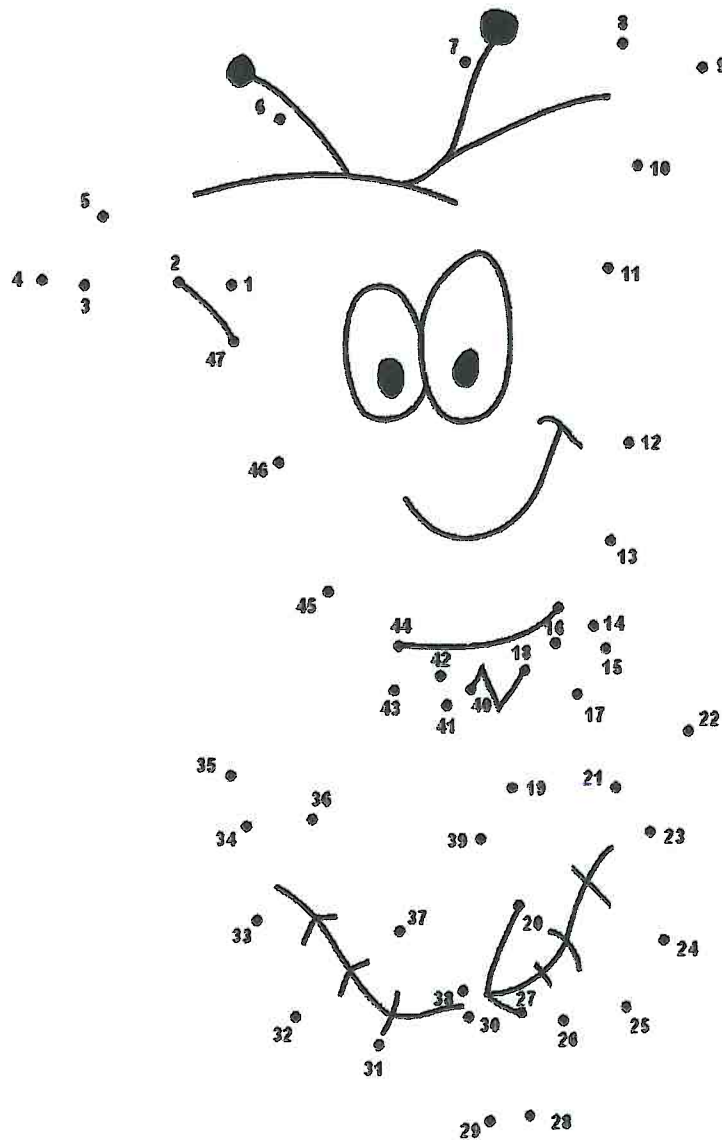
WATER PARK

Please
Help
The
rocket
land on
the
planet



Please
Help
The rocket
find
the way
back
to earth.

Spring Flower Dot-to-Dot Puzzle





INFORMATION SHEET IN CASE OF EMERGENCY CALL 911

CONTACT INFORMATION

First Name _____ Last Name _____

Address _____ Apartment Number _____

City _____ Postal Code _____

Main Phone (_____) _____ . _____ Alt. Phone (_____) _____ . _____

Health Card _____ . _____ . _____ Birth Date ____ / ____ / ____
version code day month year

Primary Language(s) _____ Gender M F

Advanced Care Directive → On file with _____

Emergency Contact 1 _____

Main Phone (_____) _____ . _____ Alt. Phone (_____) _____ . _____

Emergency Contact 2 _____

Main Phone (_____) _____ . _____ Alt. Phone (_____) _____ . _____

Primary Care Provider _____

Phone (_____) _____ . _____

RELEVANT MEDICAL HISTORY

Cardiac (angina, heart attack)

Asthma

Cancer

Stroke/TIA

COPD (emphysema, bronchitis)

Alzheimer

Hypertension (high blood pressure)

Seizure (convulsions)

Dementia

Congestive heart failure

Diabetic IDDM/NIDDM

Psychiatric

Other: _____

