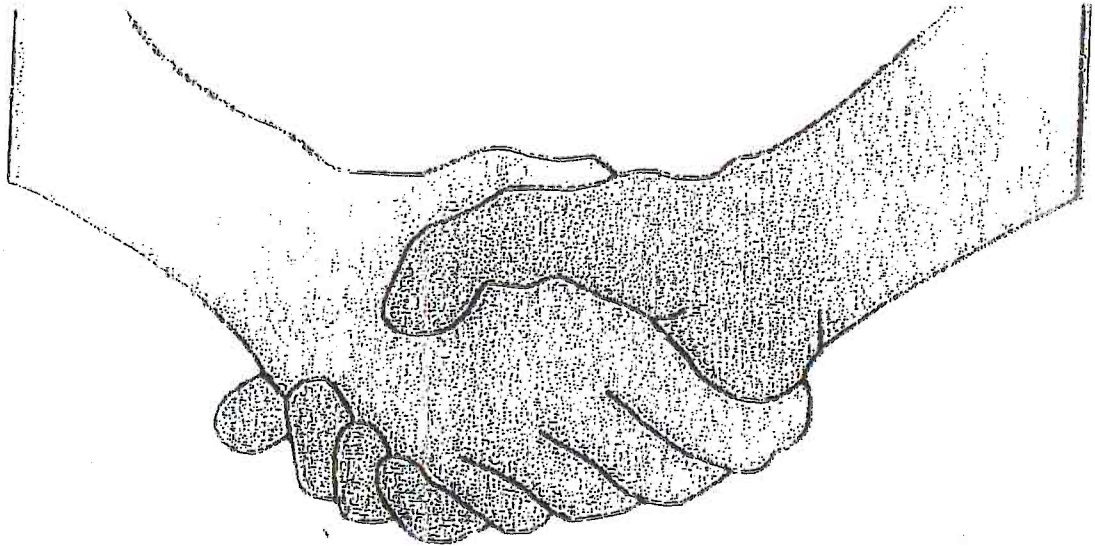


# Thurleston

## NewsMagazine



March 2010



## **Mission Statement**

**To promote Unity and Participation**

**To inform and Entertain**



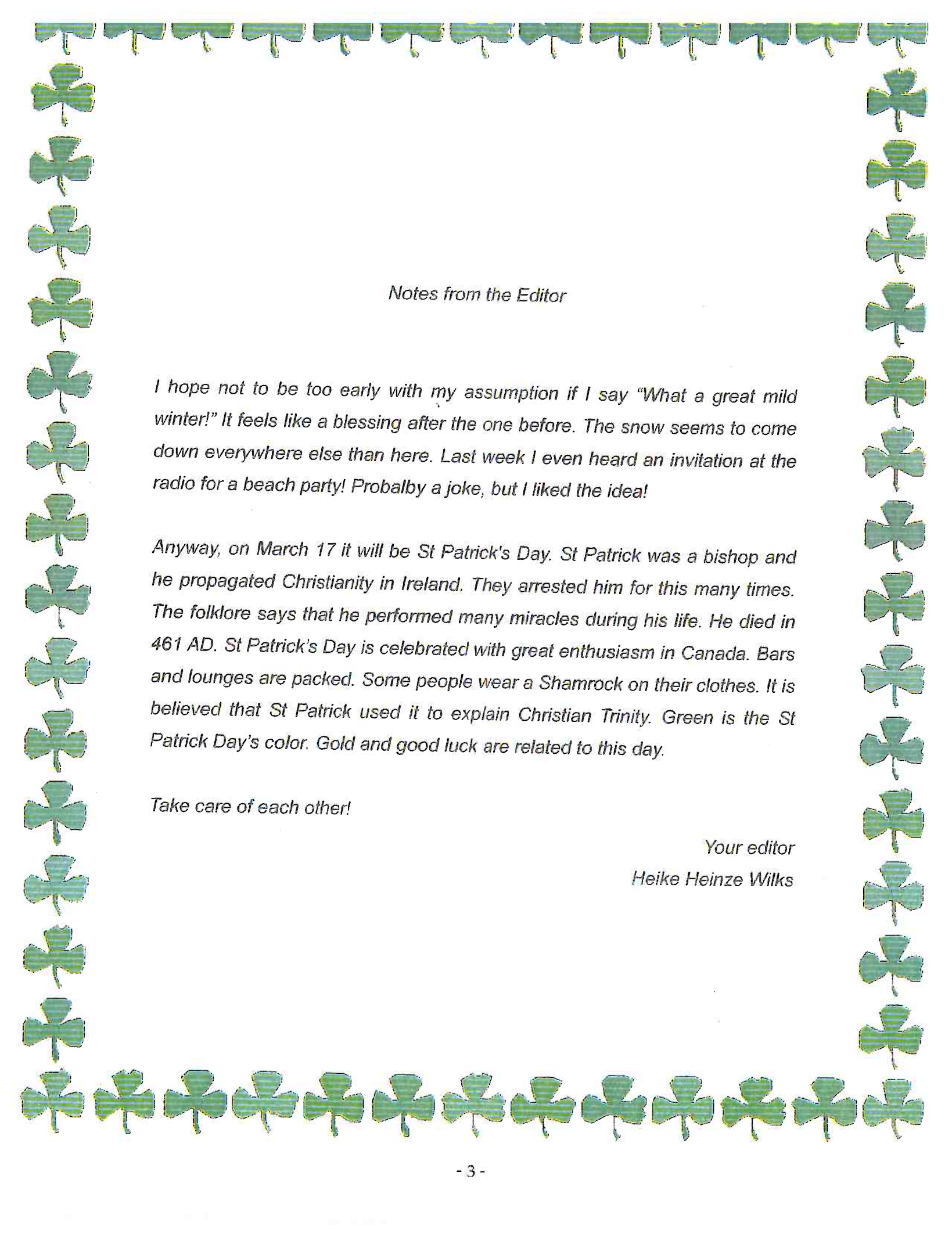
### **Inside this Issue**

Mission Statement	2
Notes from the Editor	3
Did You Know?	4
Board Minutes	8
Calendar	10
Ask the Nutritionist	11
For the Health of It	15
The Quiz	16
Humour Me	18
Handy Hints	20
In Our Community	24
Kid's Korner	26
Feedback	31
Sudoku	24

### **Committee Members**

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Elaine Richard	2407
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**Acknowledgements:** Thanks to all those who helped make this issue possible. Special thanks to Jewel Stephen for the cover and Did You Know Notes and Diana Hogan for the Handy Hints, Mary Anne Byrne for the 5 Signs of a Stroke. A very special "thanks" to Alba Salsona who delivers the NewsMagazine each month.



*Notes from the Editor*

*I hope not to be too early with my assumption if I say "What a great mild winter!" It feels like a blessing after the one before. The snow seems to come down everywhere else than here. Last week I even heard an invitation at the radio for a beach party! Probalby a joke, but I liked the idea!*

*Anyway, on March 17 it will be St Patrick's Day. St Patrick was a bishop and he propagated Christianity in Ireland. They arrested him for this many times. The folklore says that he performed many miracles during his life. He died in 461 AD. St Patrick's Day is celebrated with great enthusiasm in Canada. Bars and lounges are packed. Some people wear a Shamrock on their clothes. It is believed that St Patrick used it to explain Christian Trinity. Green is the St Patrick Day's color. Gold and good luck are related to this day.*

*Take care of each other!*

*Your editor  
Heike Heinze Wilks*



## March

- ♣ **International Women's Day** (Monday, March 8, 2010)
- ♣ **Daylight Saving Time Begins** (Sunday, March 14, 2010)
- ♣ **St. Patrick's Day** (Wednesday, March 17, 2010)
- ♣ **First Day of Spring** (Saturday, March 20, 2010)
- ♣ **Passover** (Monday, March 29, 2010)

### First Day of Spring

In Canada and the rest of the northern hemisphere, the first day of the spring season is the day of the year when the Sun crosses the celestial equator moving northward (on March 20th or 21st). This day is known as the Vernal Equinox.

On the Vernal and Autumn equinoxes, the sun rises due east and sets due west, and these are the only two days in a year this occurs.

There are not an exact number of days in a year, so that's why the day spring comes can change.

Happy first day of Spring!

### We wishes 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.



### St. Patrick's Day

One of the greatest Irish festivals, St. Patrick's Day or Paddy's Day commemorates the death of St. Patrick, the patron saint of Ireland. A festive day for the Irish people, St. Patrick's Day is a festive public holiday the Republic of Ireland and also celebrated with much enthusiasm in places such as Canada, Great Britain, Australia, the United States and New Zealand.

Sumptuous feasts, green clothes, frothy delights, joyous merrymaking with friends and family - all are parts of this grand occasion.



### Daylight Saving Time

In most of Canada Daylight Saving Time begins at 2:00 a.m. local time on the second Sunday in March.

On the first Sunday in November areas on Daylight Saving Time return to Standard Time at 2:00 a.m.

During Daylight Saving Time turn your clocks ahead one hour.

At the end of Daylight Saving Time turn your clocks back one hour.

## INTERNATIONAL WOMAN'S DAY

Every year, International Women's Day is celebrated in various countries across the world. For women in countries across the globe, it is an occasion that celebrates their spirit and their role in the society. It honors the struggle, the tireless hard work and contribution of all women in their respective fields everywhere in the world and signifies their freedom, rights, and recognition in a patriarchal order. It is the day when we pay a tribute and hand over small gifts of appreciation to our mothers, sisters and all females who are a part of our lives.

But when was International Women's Day observed first?

The industrial boom at the turn of the 20th Century saw booming population growth and the rise of radical ideologies. This was a time when women began to step out of the confines of their homes and work in the various mills and factories to supplement the family income. But gender oppression and inequality in workplace coupled with unjust working conditions spurred them to become more vocal and active in campaigning for change. Further, with economic emancipation women began to be more self sufficient and conscious of their rights that had been denied to them till then in a predominantly patriarchal set up. In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights. This was the time when the idea of having an international women's day was first put forward. This set the stage for bigger things to come.



In the United States, National Women's Day was observed on February 28th, 1909 following a declaration by the Socialist Party of America. The following year, the Socialist Party organized the first international women's conference in Copenhagen and proposed to establish an 'International Women's Day' to honour the women's rights movement and to assist in achieving universal suffrage for women.

The proposal was greeted with unanimous approval by the conference of over 100 women from 17 countries, which included the first three women to be elected to the Finnish parliament. No fixed date was selected for the observance.



Following the decision agreed at Copenhagen in 1910, International Women's Day (IWD) was observed for the first time on 19 March, 1911 in places like Austria, Denmark, Germany, Switzerland and some other European countries. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination. In Germany and Austria, the event was a resounding success.

The date of the celebration was chosen by German women because, on 19 March, 1848, the Prussian king had promised many reforms in the face of an armed uprising, including an unfulfilled voting right for women. Hence, a million leaflets were distributed throughout Germany before IWD in 1911 calling for action on the right to vote for women.

In Germany meetings were organized everywhere, in the small towns and even in the villages. These were attended both by women and men. For a change, many men stayed home to take care of their children while their wives went to the meetings.



Henceforth, International Women's Day (IWD) began to be celebrated by women across Europe. But the two World Wars and many other factors resulted in the dwindling of the holiday in later years.

It was not until the 1960s, when the feminist movement reared its head, that it gathered momentum again. In 1975, which had been designated as International Women's Year, the United Nations gave official sanction to and began sponsoring International Women's Day.

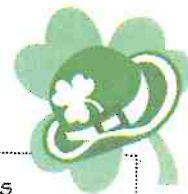
Today, International Women's Day is observed every 8th March in many prominent nations of the world.

It is now an official holiday in Armenia, Russia, Azerbaijan, Belarus, Bulgaria, Kazakhstan, Kyrgyzstan, Macedonia, Moldova, Mongolia, Tajikistan, Ukraine, Uzbekistan and Vietnam.

In the modern world, it is an occasion to recognize the achievements of women around the world regardless of nationality, ethnic background, culture, economic status or political beliefs.



ON ST. PATRICK'S DAY, ENJOY THIS COLLECTION OF COLLOQUIAL IRISH BLESSINGS.  
A LITTLE BIT OF IRELAND, THE LAND OF SAINT PATRICK!



May you always have  
Walls for the winds,  
A roof for the rain,  
Tea beside the fire,  
Laughter to cheer you,  
Those you love near you,  
And all your heart might desire!  
May you be in Heaven a half hour  
before the Devil knows you're dead!

May those who love us, love us  
And those who don't love us,  
May God turn their hearts  
And if he can't turn their hearts,  
May he turn their ankles  
So we will know them by their limping!

May you live to be a hundred years  
With one extra year to repent.

May your neighbors respect you,  
Troubles neglect you,  
The angels protect you,  
And Heaven accept you.

May the best day of your past  
Be the worst day of your future.

May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

May your pockets be heavy and  
your heart be light,  
May good luck pursue you each  
morning and night.

These things I warmly wish to you-  
Someone to love  
Some work to do  
A bit o' sun  
A bit o' cheer  
And a guardian angel always near.

May you have:  
A world of wishes at your command  
God and his angels close at hand  
Friends and family their love impart,  
And Irish blessings in you heart

## What Happened in March?

- 1st Share a Smile Day
- 2nd Dr. Seuss's Birthday, Author
- 2nd "Sound of Music" opened in Theatres, 1965
- 3rd 1st Recorded Hockey Game, 1875 in Montreal
- 4th "Happy Birthday" song published, 1924
- 5th Patsy Cline, dies in Plane Crash, 1963
- 6th Silly Putty invented, 1950
- 7th Alexander Graham Bell patents the telephone, 1876
- 8th International Women's Day
- 8th Fun Facts About Names Day
- 8th International Peace Day
- 9th Barbie Doll's Birthday, 1959
- 11th Johnny Appleseed Day
- 13th Good Samaritan Day
- 14th Billy Crystal's Birthday 1947 (Comedian)
- 15th University of Toronto is Chartered, 1827
- 15th CBS Morning Show Premieres featuring Walter Cronkite and Jack Paar, 1954
- 16th Geoffrey O'Hara's song 'K-k-k-katy' is published, 1918
- 17th St. Patrick's Day
- 20th First Day of Spring
- 20th Bobby Orr's Birthday, 1948
- 21st Flower Day
- 21st Movie "Annie" premieres, 1982
- 22nd As Young As You Feel Day
- 24th Harry Houdini's Birthday
- 25th City of Venice founded, 421
- 26th Tennessee Williams born (Playright), 1911
- 31st Gordie Howe's Birthday, 1928
- 31st Eiffel Tower's Anniversary

BOARD OF DIRECTORS MEETING  
THURLESTONE CO-OPERATIVE INC.  
22 Fishleigh Drive, Unit 3  
Scarborough, Ontario, M1N 1G9

January 28<sup>th</sup>, 2010

Present: Luci Walwich, Shannon Doyle, Pam Syvret, Melanie Lyle, Melina Purificato,  
and Lois Logie arrived at 7:20

Regrets: Diana Hogan

Absent:

Recording Secretary: Pam Syvret

Co-Chair: Luci Walwich

---

1. Call to Order

Meeting was called to order at 7:07 p.m.

2. Approval of Agenda

MOTION TO APPROVE the agenda  
MOVED by Shannon. SECONDED by Melina. CARRIED.

3. Adoption of the minutes from January 12<sup>th</sup>, 2010

MOTION TO ACCEPT the minutes of January 12<sup>th</sup>, 2010  
MOVED by Shannon. SECONDED by Pam. CARRIED.

4. Business Arising from the minutes of January 12<sup>th</sup>, 2010

NONE

5. Confidential Section-See Confidential Section

6. Co-ordinator's Report

DEFERRED

7. Committee Reports

7.(a) Unit Inspection Committee is moving along with unit inspections.

7.(b) Update on Recruitment of New Members to Committees- committee chairs have been speaking with members.



8. New Business

8.(a) Application for Renovation and Retrofit of Existing Social Housing Initiative administered by CHMC. MOTION TO APPROVE by Pam. SECONDED by Melanie. CARRIED.

8.(b) Ontario Region eAlert – January 22<sup>nd</sup>, 2010 (see attached). Board was notified of changes

9. Date of Next Board Meeting – February 16<sup>th</sup>, 2010

10. Adjournment at 7:40 p.m.

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Luci Walwich, Vice-President

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Pam Syvret, Secretary

## A WEE TOUCH OF IRISH HUMOUR

Patrick O'Reily wasn't feeling too good so he went to the doctor's. The doctor ran some tests and came back to tell

O'Reily, "I can't find anything wrong with you, Patrick. It must be the drink."

O'Reily shrugged and answered, "Don't worry about it doc. I'll come back when you're so-ber."



A cop pulls up two Irish drunks, and says to the first, "What's your name

and address?"  
"I'm Paddy O'Day, of no fixed address."



The cop turns to the second drunk, and asks the same question. "I'm Seamus O'Toole, and I live in the flat above Paddy."





# March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	Membership 9:15 am
7	8	9 Board 7:00	10 Finance 7:00	11	12	13
14	15	16	17 St. Patrick's Day 	18 NewsMagazine 7:30	19	20 First Day of Spring 
21	22	23	24	25 GMM 7:30	26 NewsMagazine 7:30	27
28	29	30 Board 7:00	31			
Palm Sunday						

# Food Thermometers Are Key to Food Safety

## Which Ground Beef Patty Is Cooked to a Safe Minimum Internal Temperature?



This IS a safely cooked hamburger, cooked to an internal temperature of 160 °F, even though it's pink inside.



This is NOT a safely cooked hamburger. Even though it's brown inside, it is undercooked. Research has shown that some ground beef patties look done at internal temperatures as low as 135 °F.

For more information, check out the FSIS Technical Information publication titled "Color of Cooked Ground Beef as It Relates to Doneness" (8/98). It's available through the Web:

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

### Background

Consumer behavior research shows that cooking by color is just one of the ways consumers typically judge whether or not food is "done." Consumers said they also "eyeball" the food, go by recommended cooking times, and trust their experience and judgement. The only problem is, those methods may be misleading them.

In 1995, a study by Kansas State University indicated that ground beef may turn brown before it's cooked to a safe minimum internal temperature of 160 °F, sufficient to destroy potentially dangerous pathogens.

With that information in hand, the Food Safety and Inspection Service (FSIS) commissioned the U.S. Department of Agriculture's (USDA) Agricultural Research Service (ARS) to examine the color of ground beef nationwide as it relates to doneness.

### The Findings?

- 1 out of every 4 hamburgers turns brown before it's been cooked to a safe internal temperature.
- And yet, only 6 percent of main meal cooks checked hamburgers with a food thermometer, according to a 2002 consumer food safety survey conducted by the U.S. Food and Drug Administration and FSIS.

### What Does This Research Mean to Today's Consumers?

The only way to know food has been cooked to a safe internal temperature is to use a food thermometer.

The goal of the "Is It Done Yet?" campaign is to increase consumer use of food thermometers. And today's thermometer technologies make checking the temperature of "thin" food—like hamburgers or chicken fillets—a "piece of cake." It only takes a few seconds.

For instance, digital instant-read thermometers need to be inserted only a very short way into food. As a result, consumers can easily check the temperature of thin foods by inserting the thermometer probe into food from the top.

It's not complicated—and it's worth the effort. This is especially true for people who are high-risk for foodborne illness—young children, older adults, pregnant women, and people with weakened immune systems.

For more information on different types of thermometers and their uses, look on the Web at

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

or call the

USDA Meat and Poultry Hotline

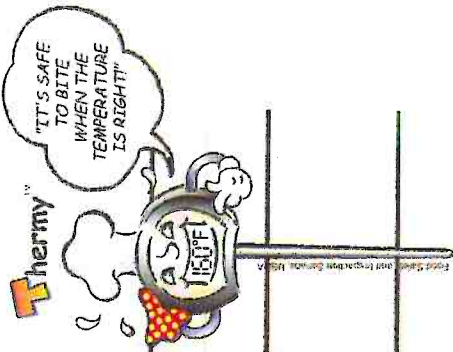
**1-888-MPHotline**

1-888-674-6854

TTY: 1-800-256-7072

# Internal Cooking Temperatures

Product	°F
<b>Egg &amp; Egg Dishes</b>	
Eggs	Cook until yolk & white are firm.
Egg dishes	160
Egg sauces, custards	160
<b>Ground Meat &amp; Meat Mixtures</b>	
Turkey, Chicken	165
Beef, Veal, Lamb, Pork	160
<b>Fresh Beef, Veal, Lamb</b>	
Medium Rare	145
Medium	160
Well Done	170
<b>Fresh Pork</b>	
Medium	160
Well Done	170
<b>Ham</b>	
Fresh (raw)	160
Fully cooked (to reheat)	140
<b>Roast Beef</b>	
Cooked commercially, vacuum sealed, and ready-to-eat	140



Product	°F
<b>Poultry*</b>	
All products	165
<b>Stuffing</b>	
Cooked alone or in bird	165
<b>Sauces, Soups, Gravies, Marinades</b>	
Used with raw meat, poultry, or fish	Bring to a boil.
<b>Seafood</b>	
Fin Fish	145
Shrimp, lobster, crab	Cook until opaque and flakes easily with a fork.
Scallops	Should turn red and flesh should become pearly opaque.
Clams, mussels, oysters	Should turn milky white or opaque and firm.
<b>Leftovers</b>	Cook until shells open.
	<b>165</b>

**Note:** These temperatures are recommended for consumer cooking. They are not intended for processing, institutional, or foodservice preparation. Foodservice workers should consult their state or local food code, or health department.

\*safe minimum internal temperature

# Food Storage



## Eggs and food safety

Salmonella in Canadian eggs is not very common.

When preparing recipes that use eggs, follow these food safety tips:

- Always use fresh, Canada Grade A eggs that have been refrigerated. The "Best before" date on the carton will help determine freshness.
- Ensure the eggs are clean and the shells are not cracked.
- Wash your hands, cooking surfaces and all utensils immediately before and after handling raw eggs.
- Prepare only enough food to be consumed in one sitting.
- Serve all egg-rich products immediately after preparing or store in the refrigerator.

Source: Canadian Egg Marketing Agency



For canned food and leftovers

## Storing canned food

- Store in cool, clean, dry place.
- Date canned goods at purchase and consume them within 1-2 years or before their "Use by" date if applicable.
- Never use or purchase foods from jars with loose or bulging lids or from bulging, leaking or badly dented cans.

"First in" ...  
"First out" ...  
A good rule for  
using and storing  
canned food.

## Storing leftovers

- Refrigerate leftovers within 2 hours. Discard if left out for more than 2 hours.
- Never remove a large pot of very hot food (such as soup, stew, or pasta sauce) from the stove and place directly in the refrigerator. Large masses of food can take hours or days to chill properly. A slow cooling process provides an ideal environment for the growth of harmful bacteria.
- Very hot items can be cooled at room temperature for approximately 30 minutes prior to being refrigerated. Frequent stirring or a cold water bath accelerates the cooling at this stage.
- Refrigerate or freeze leftovers in shallow containers and cover once cooled. Food will cool faster in shallow containers.
- Remove bones from large pieces of meat or poultry and divide them into smaller portions before storing.
- Date leftovers to ensure freshness—eat leftovers as soon as possible. Once thawed, leftovers should be eaten within four days.
- Always put leftovers in clean containers and never mix them with fresh food.

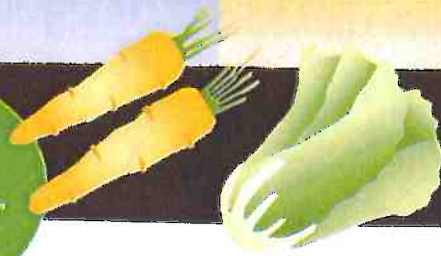
## Flavoured oils

Homemade flavoured oils are popular and tasty gifts, but they have a limited shelf life of one week and must be kept refrigerated at all times. Oils made with fresh foods such as garlic and herbs pose the greatest risk. These products, often purchased from fairs and farmers' markets, are frequently sold unrefrigerated. Before purchasing, ensure these oils have been refrigerated and check the preparation date. Do not purchase them if they are more than a week old.

Commercially prepared products stored in oil and containing an acid (such as vinegar) or salt in their list of ingredients are generally considered to be safe. They should be refrigerated after opening and between each use.

# Storage Chart

Keep it safe!  
Follow the  
"Best before"  
date!



## For refrigerators and freezers

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
<b>Fresh Meat</b>		
Beef—steaks, roasts	2-4 days	10-12 months
Pork—chops, roasts	2-4 days	8-12 months
Lamb—chops, roasts	2-4 days	8-12 months
Veal roasts	3-4 days	8-12 months
Ground meat	1-2 days	2-3 months
<b>Fresh Poultry</b>		
Chicken, turkey—whole	2-3 days	1 year
Chicken, turkey—pieces	2-3 days	6 months
<b>Fresh Fish</b>		
Lean fish (i.e., cod, flounder)	3-4 days	6 months
Fatty fish (i.e., salmon)	3-4 days	2 months
Shellfish (clams, crab, lobster)	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months
<b>Ham</b>		
Canned ham	6-9 months	Don't Freeze
Ham, fully cooked (half & slices)	3-4 days	2-3 months
<b>Bacon &amp; Sausage</b>		
Bacon	1 week	1 month
Sausage, raw (pork, beef, turkey)	1-2 days	1-2 months
Pre-cooked, smoked links or patties	1 week	1-2 months
<b>Leftovers</b>		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Soups	2-3 days	4 months
<b>Hot Dogs &amp; Lunch Meats</b>		
Hotdogs	2 weeks	1-2 months
opened	1 week	
Lunch meats	2 weeks	1-2 months
opened	3-5 days	1-2 months
<b>Deli Foods</b>		
Deli meats	3-4 days	2-3 months
Store-prepared or homemade salads	3-5 days	Don't freeze
<b>TV Dinners / Frozen Casseroles</b>		
Keep frozen until ready to serve		3-4 months



Refrigerator  
4°C (40°F)

Freezer  
-18°C (0°F)

## Eggs

Fresh—in shell	3-4 weeks	Don't Freeze
out of shell	2-4 days	4 months
Hardcooked	1 week	Doesn't freeze well
Egg substitutes, opened	10 days	Don't freeze
	3 days	1 year

## Dairy Products

Milk	Check best before date	6 weeks
opened		3 days
Cottage cheese	Check best before date	Doesn't freeze well
opened		3 days
Yogurt	Check best before date	1-2 months
opened		3 days
<b>Cheese</b>		
soft	1 week	Doesn't freeze well
semi-soft	2-3 weeks	8 weeks
firm	5 weeks	3 months
hard	10 months	Up to a year
processed	Several months	3 months
opened	3-4 weeks	Don't freeze
Butter	8 weeks	salted—1 year
		unsalted—3 months
opened	3 weeks	Don't freeze

## Commercial mayonnaise

(refrigerate after opening)	2 months	Don't freeze
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## Vegetables

Beans, green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Lettuce, leaf	3-7 days	Don't freeze
Lettuce, iceberg	1-2 weeks	Don't freeze
Spinach	2-4 days	10-12 months
Squash, summer	1 week	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	Not recommended	2 months



## Stroke Warning Signs

In the last issue of the NewsMagazine, we gave some signs to look for when you suspect someone has had a stroke. Mary Anne Bryne (Unit 1804), who works with the Heart and Stroke Foundation has submitted these five signs to recognize a stroke. Thank you Mary Anne for this information.



The warning signs of Stroke listed in this article are false. This particular system has caused a number of deaths. As an employee of Heart and Stroke I ask you put in the next issue our true warning signs of stroke as taken from our website

Which are

### Stroke warning signs

#### The five signs

**Stroke is a medical emergency.** Recognizing and responding **immediately** to the warning signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery. If a person is diagnosed with a stroke caused by a blood clot, then doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.\* That's why it is very important to be able to recognize the 5 warning signs of stroke and **immediately** call 9-1-1 or your local emergency number.

#### The five signs

Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.

**Weakness** - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

**Trouble speaking** - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

**Vision problems** - Sudden trouble with vision, even if temporary.

**Headache** - Sudden severe and unusual headache.

**Dizziness** - Sudden loss of balance, especially with any of the above signs.

**If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.**

Source: [www.heartandstroke.ca](http://www.heartandstroke.ca)

The SMILE theory is very wrong and has caused a number of deaths!

## February Quiz

Can you match these famous couples? Answers to the quiz must be submitted by February 19<sup>th</sup> to one of the NewsMagazine Committee or the NewsMagazine box in front of the Office door. Good luck.

1. Lancelot and Guenevere
2. Al Gore and Tipper
3. Romeo and Juliet
4. John F. Kennedy and Jacqueline Bouvier
5. Adam and Eve
6. Ken and Barbie
7. Desi Arnaz and Lucille Ball
8. Mickey Mouse and Minnie Mouse
9. Elvis Presley and Priscilla
10. Samson and Delilah
11. George Burns and Gracie Allen
12. Humphrey Bogart and Lauren Bacall
13. Paul Newman and Joanne Woodward
14. Clark Kent and Lois Lane
15. Brad Pitt and Angelina Jolie
16. John Lennon and Yoko Ono
17. Sonny Bono and Cher
18. Antony and Cleopatra
19. Spencer Tracey and Katherine Hepburn
20. Ward Cleaver and June

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



# March Quiz

Everyone will be wearing green this month. See if you can identify these shades of green. Submit your answers to the NewsMagazine box at the Office or to one of the Newsletter members to win a 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 Apr 19th. Good luck.

1. Associated with the military— \_\_\_\_\_
2. The colour of celery— \_\_\_\_\_
3. The colour of the May gemstone— \_\_\_\_\_
4. The colour of the plant that grows in the shades of the forest— \_\_\_\_\_
5. A shade associated with a man with a gun in the forest— \_\_\_\_\_
6. Associated with an Irish name— \_\_\_\_\_
7. The colour of a citrus fruit— \_\_\_\_\_
8. The colour of the fungus that grows on rocks and trees— \_\_\_\_\_
9. The colour associated with a three leaf plant from Ireland said to bring good luck—  
\_\_\_\_\_
10. A green that comes from a pitted fruit associated with Greek food— \_\_\_\_\_
11. The colour of a semi-precious stone from China that brings good luck—  
\_\_\_\_\_
12. The colour of a spring vegetable with an edible stalk— \_\_\_\_\_
13. The colour of the foliage from a tropical forest— \_\_\_\_\_

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

**A GOOD LAUGH ALWAYS HELPS, AND MORE SO WHEN IT IS CELEBRATION TIME.**

**Humour Me**

**Enjoy your St. Patrick's day with these Irish Jokes.**

🌸 An aging man lived alone in Ireland. His only son was in Long Kesh Prison, and he didn't know anyone who would spade up his potato garden. The old man wrote to his son about it, and received this reply, "For HEAVENS SAKE, don't dig up that garden, that's where I buried the GUNS!!!!!"

At 4 A.M. the next morning, a dozen British soldiers showed up and dug up the entire garden, but didn't find any guns. Confused, the man wrote to his son telling him what happened and asking him what to do next.

His son's reply was: "Just plant your potatoes."

🌸 A man stumbles up to the only other patron in a bar and asks if he could buy him a drink.

"Why of course," comes the reply.

The first man then asks: "Where are you from?" "I'm from Ireland," replies the second man.

The first man responds: "You don't say, I'm from Ireland too! Let's have another round to Ireland."

"Of Course," replies the second man.

Curious, the first man then asks: "Where in Ireland are you from?"

"Dublin," comes the reply.

"I can't believe it," says the first man. "I'm from Dublin too! Let's have another drink to Dublin."

"Of course," replies the second man.

Curiosity again strikes and the first man asks: "What school did you go to?"

"Saint Mary's," replies the second man. "I graduated in '62."

"This is unbelievable!" the first man says. "I went to Saint Mary's and I graduated in '62, too!"

About that time in comes one of the regulars and sits down at the bar.

"What's been going on?" he asks the bartender.

"Nothing much," replies the bartender. "The O'Malley twins are drunk again."

**And one more for Passover!**

🌸 An orthodox Rabbi dies and goes to heaven. As he's approaching the gates, he hears a band of singing and dancing angels approach, and begins to get excited. The lead angel approaches the Rabbi and asks if he would mind stepping aside for a moment. Shocked, the Rabbi does so. The angels march out of the gates and encircle a man who has also approached the gates. The man is an Egged bus driver [Egged, pronounced like egg-head without the h, is the Israeli tour bus company.] The joyous parade of angels carry the bus driver in ahead of the Rabbi.

When the parade is gone, an angel returns to the Rabbi and says, "You can come in now." The angel begins to lead the Rabbi inside alone. The Rabbi, somewhat confused, says, "I'm not one to make waves or anything, but I need to know something. I think I've been a good Rabbi. I've worked hard all my life. Why is it that the Egged bus driver gets led in by a band of angels ahead of me?" The angel says, "Well, frankly, Rabbi, whenever you preached, people slept. But whenever he drove, people prayed."

# Humour Me

**Why some men have a dog and not a wife:**

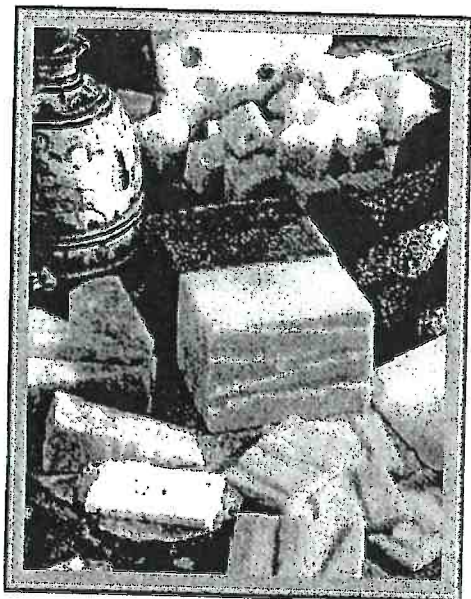
- **The later you are, the more excited you dogs are to see you.**
- **Dogs don't notice if you call them by another dog's name.**
- **Dogs like it if you leave a lot of things on the floor.**
- **A dog's parents never visit.**
- **Dogs agree that you have to raise your voice to get your point across.**
- **You never have to wait for a dog; they're ready to go 24 hours a day.**
- **Dogs find you amusing when you're drunk.**
- **Dogs like to go hunting and fishing.**
- **A dog will not wake you up at night to ask, "If I died would you get another dog?:"**
- **If a dog has babies, you can put an ad in the paper and give them away.**
- **A dog will let you put a studded collar on it without calling you a pervert.**
- **Dogs like to ride in the back of a pickup truck.**
- **If a dog leaves, it won't take half of your stuff.**

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

# Handy Hints



Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.



Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!



Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.



Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass, fill it 1/2' with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants

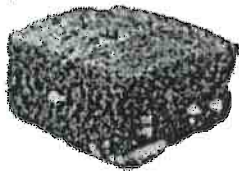


Put small piles of cornmeal where you see ants. They - 20 - take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children

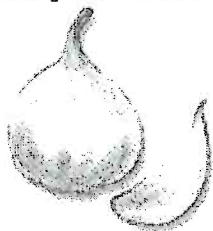
Add a teaspoon of water when frying ground beef.  
It will help pull the grease away from the meat while cooking.



To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.



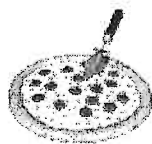
For a cool brownie treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.



Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.



Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream. Yummm!



#### Reheat Pizza

Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.



#### Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up.

Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg.

Just throw bag away when done easy clean up.

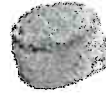


#### Expanding Frosting

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can

double it in size.

You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.



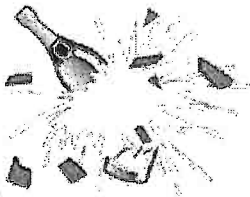
### Reheating refrigerated bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster..



### Newspaper weeds away

Start putting in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.



### Broken Glass

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.



### No More Mosquitoes

Place a dryer sheet in your pocket. It will keep the mosquitoes away.



### Squirrel Away!

To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.



### Flexible vacuum

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

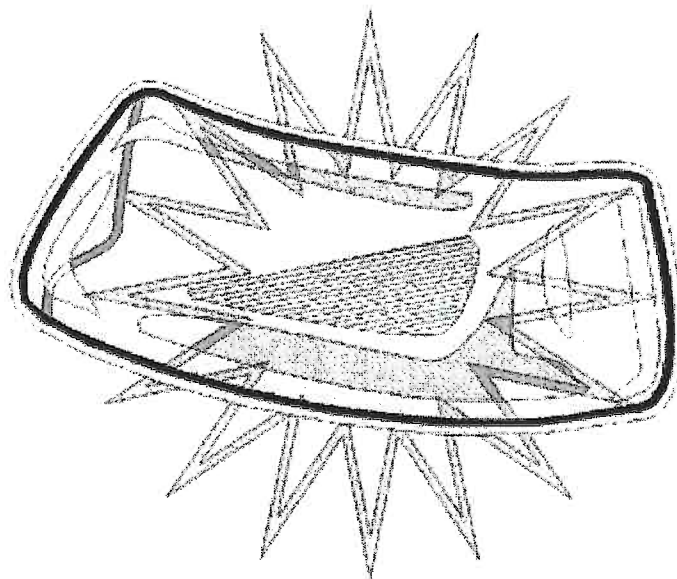
### Reducing Static Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... ta da! ... static is gone.



#### Measuring Cups

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.



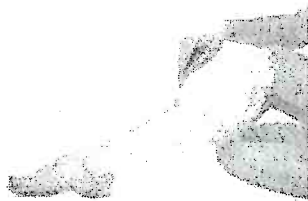
#### Foggy Windshield?

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!



#### Re opening envelopes

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.



#### Conditioner

shutterstock · 1098266

Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

# EARTH DAY

MARCH 28<sup>TH</sup>, 8:30

On March 28<sup>th</sup>, at 8:30 pm, hundreds of millions of people around the world will turn off their lights for an hour to demand action on climate change. But that's just the beginning. Every hour, Canadians are taking small steps to lessen their impact on the environment. From hanging their clothes to dry to taking transit to work, those small steps add up to huge changes for the better. Get inspired by others who are living Earth Hour every hour.

## SUDOKU

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

Answers on page 19



# March Break Activities

Check out these sites for activities during the Break

The Royal Ontario Museum-  
[www.rom.ca](http://www.rom.ca)

Oakridge Community Centre-March Break Camp  
416-338-1966

Toronto Botanical Gardens-  
[www.torontobotanicalgarden.ca](http://www.torontobotanicalgarden.ca)

Birchmount Neighbourhood Centre-  
[www.bbnc.ca](http://www.bbnc.ca)

416-396-4310

The Art Gallery of Ontario-  
416-977-0414

The Science Centre-  
416-696-3127

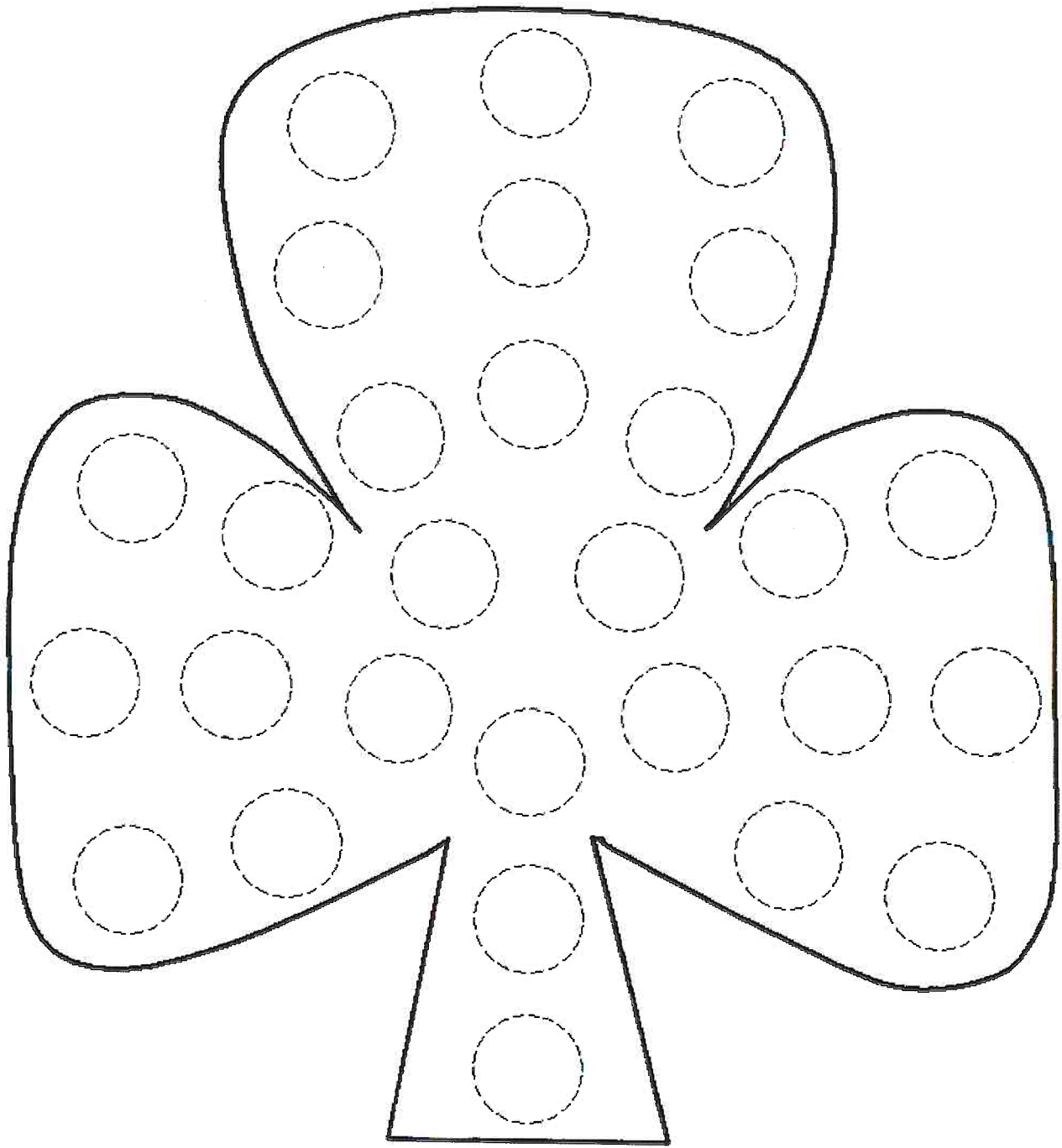
Loblaws Cooking School-[www.loblaws.ca](http://www.loblaws.ca)  
[www.loblaws.ca](http://www.loblaws.ca) (V.P. and Gerard)

The Toronto Zoo-  
[www.torontozoo.com](http://www.torontozoo.com)

Skating at Scarborough Town Centre, City Hall or Harbourfront

## five games to play with your kids

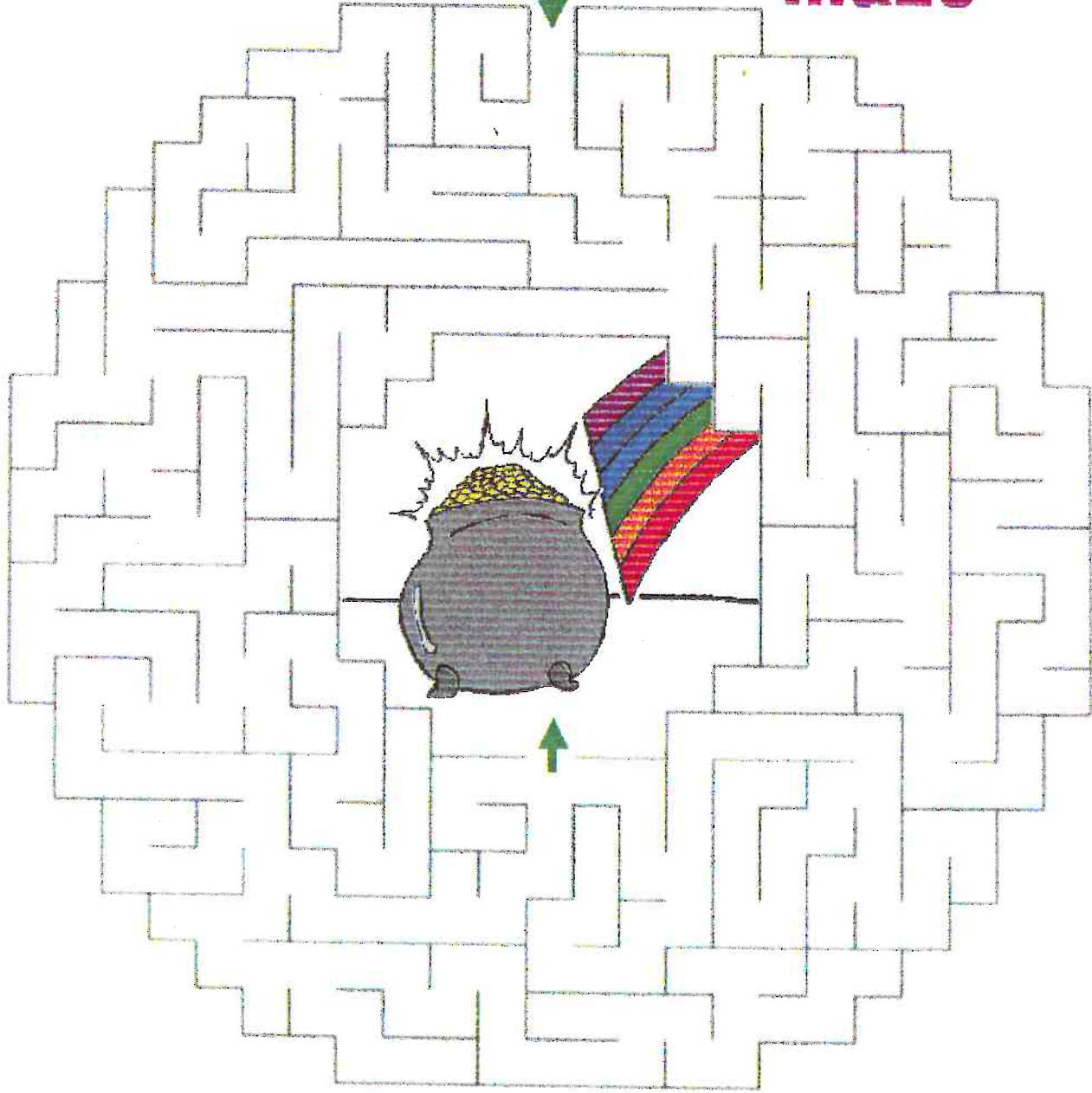
- 1 Obscure card games like canasta or euchre. You can learn the rules together.
- 2 Any classic board game—Sorry!, Candy Land, Chutes and Ladders, Clue, Monopoly, Operation, Scrabble.
- 3 Texas Hold 'Em and Five Card Stud. Ante up with pennies, or have the loser wash and wax the car next weekend.
- 4 Harry Potter Trivia. Open any book in the series and concoct a question from that page.
- 5 Old-school perennials: Silly Putty, Slinky, Paddleball, jacks.



Help  
Sean  
find his  
pot of  
gold...



# St. Patrick's Day Maze



# Saint Patrick's Day Word Search

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



CELTIC  
IRELAND  
LEPRECHAUN  
POTOFGOLD  
SHAMROCK

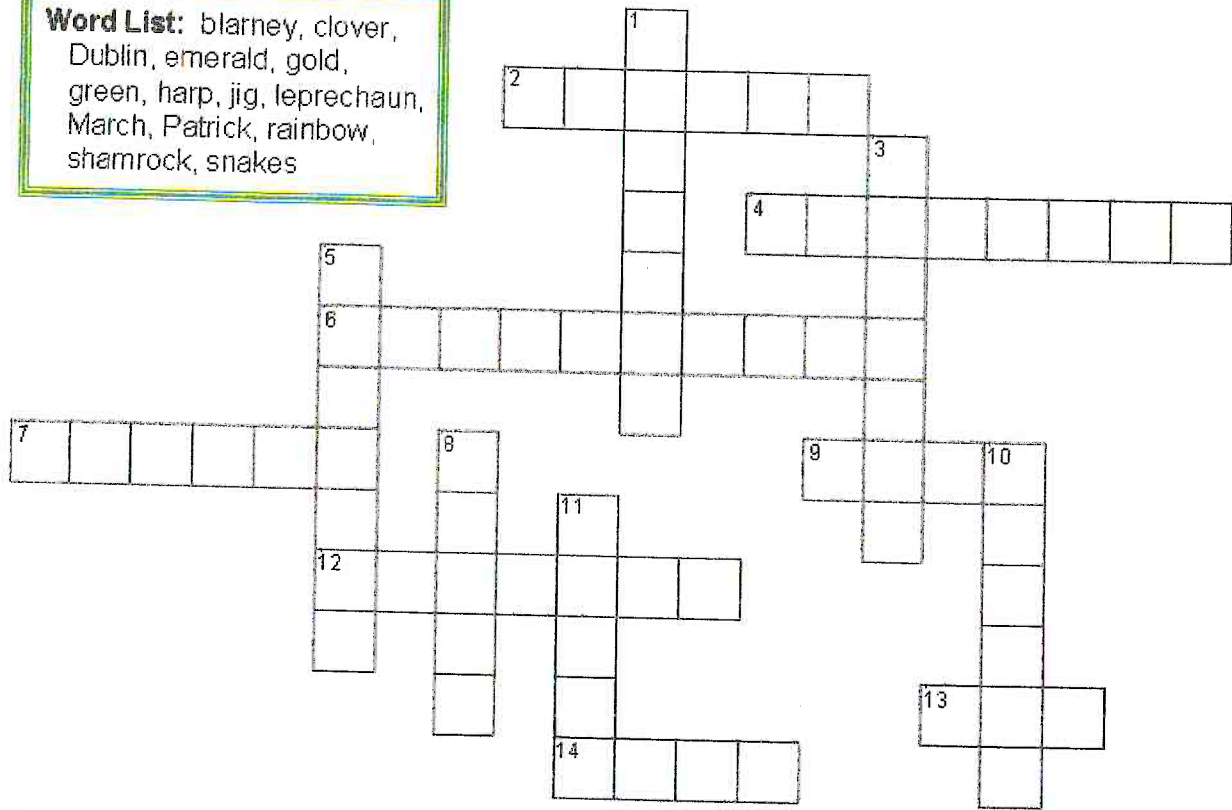
DUBLIN  
IRISH  
LIMERICK  
RAINBOW  
SNAKES

GREEN  
LEGEND  
PATRICK  
SAINT



# St. Patrick's Day Crossword

**Word List:** blarney, clover, Dublin, emerald, gold, green, harp, jig, leprechaun, March, Patrick, rainbow, shamrock, snakes



## Across

2. Fable claims Saint Patrick drove these out of Ireland.
4. Three leafed clover and symbol of Ireland.
6. The Gaelic translation for this word is shoemaker.
7. Four leafed versions of these are considered lucky.
9. Contents of a leprechaun's pot.
12. A colour of green and also a gemstone.
13. Irish dance
14. Traditional Irish musical instrument.

## Down

1. Patron saint of Ireland.
3. Colorful arch in the sky.
5. People kiss this stone for luck.
8. Saint Patrick's Day colour.
10. Capital city of Ireland.
11. Saint Patrick's Day month.



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

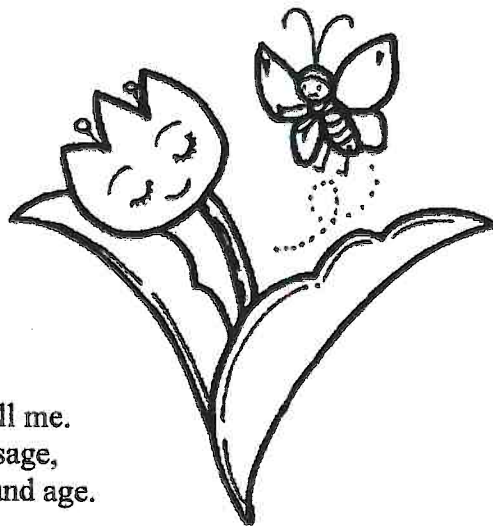
14 11   
 24 26 14 20 12 23   
 2 16 22 20 22   
 9 11 23 12 17 12 23

14 11   
 22 7 23 26 14 10   
 22 3 26 7 22   
 26 20 22   
 20 18 23 14

**Directions:**

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

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



Hey Kids!

If you decode the message—call me.

Don't forget to tell me the message,

leave your name, unit number and age.

Luci 416-265-1649

# Feedback

Congratulations! Mary Cullen (Unit 2C-9 years old) is the winner of the children's quiz. We had no winner for the adult quiz, I guess you people are not a very romantic lot. Please submit this month's quiz answers to a member of the Committee, or deliver it to the black box by the Office door by March 19<sup>th</sup>. Good luck everyone.

Well, we did dream a little. We have Unit Inspections to complete at 22 and 24 Fishleigh buildings to complete. I am hoping that we will have good news at the GMM at the end of March.

Finance worked very hard to complete the budget for the March membership meeting. I hope that everyone will come out and support their efforts. We have had a hard year financially and we need members to understand where their money has gone and why we need more help on committees to help defray some of our costs. Other ways to save money are to save electricity and water costs and by keeping your units in good repair.

Several of the new members are already involved on committees. If you aren't involved—WHY NOT? This is your co-op and your home and we need your help. Get out there and join a committee and not only help support your co-op but get to meet your neighbours—they're great people.

**EARTH DAY is March 27 from 8:30 to 9:30.** We have had some very innovative people who have done some really neat things for that one hour when all the lights go out. Let the NewsMagazine know what you did for that hour. Don't forget, I will be going out to see how many of the lights are out. We can beat last years record if everyone participates.

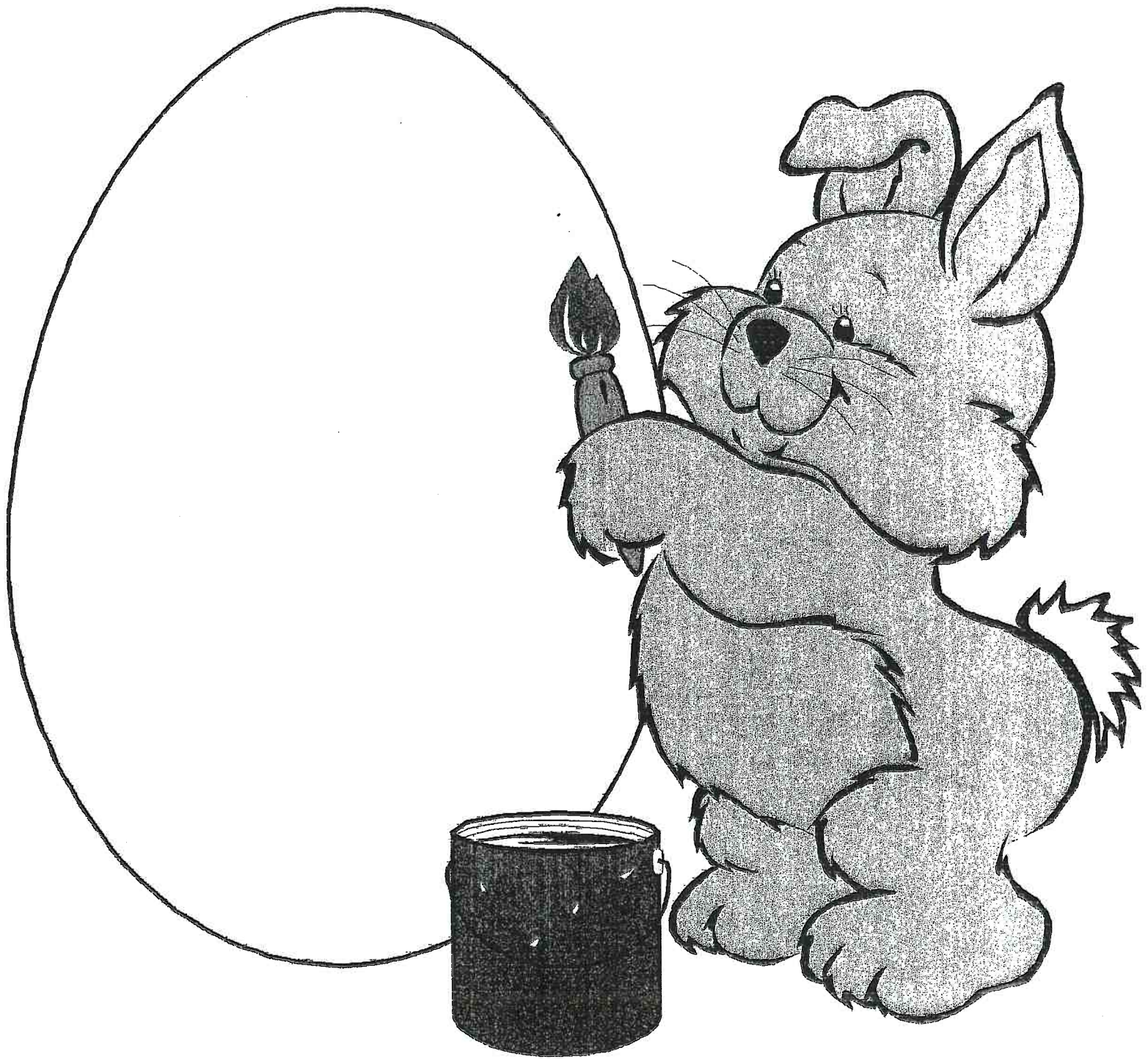
*Luci*



Let's hope that March  
comes in like a lion and goes out  
like a lamb!



Calling all kids to decorate the Easter Egg for our April Cover. Please submit your picture by March 18.



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