

Thurlestone NewsMagazine



March 2011



Notes from the Editor

March 2011

Well, it's official! Spring is definitely just around the corner now. We turn our clocks ahead this month! ~ and it's March Break for the kids. Enjoy!

Did you know - you don't have to be Irish to be lucky? I've included a great read about how you can make your own luck. So, good luck!! We've included lots of "Did You Know?" items which is our contest for this month. So, again, good luck!

Here's some good news! You can now send the NewsMagazine Committee an email with

Your News & Views

Email us at: t-nm@live.ca

Even though the rainbow I saw last summer did not have a pot of gold at the end, it was still beautiful nevertheless!!

Signs of spring!!

Janice





March in Canada 2011

- ♣ **International Women's Day** (Tuesday, March 8, 2011)
- ♣ **Daylight Saving Time Begins** (Sunday, March 13, 2011)
- ♣ **St. Patrick's Day** (Thursday, March 17, 2011)
- ♣ **First Day of Spring** (Sunday, March 20, 2011)
- ♣ **Purim** (Monday, March 21 2011)

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.

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 Purim.

Observed annually on the 14th of the Jewish month of Adar, the festival consists of reading the Book of Esther, gift-giving, charitable activities and of course, joyous merrymaking and feasting

Purim is known as a time of delicious smells emanating from the kitchen

from the baking of the delicious sweets and goodies.

Hamantaschen, a Purim cookie named for the three-cornered hat that Haman wore, is one of the favorites.



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.



An Irish Fairy Tale for St. Patrick's Day

The Sprightly Tailor



A sprightly tailor was employed by the great Macdonald, in his castle at Saddell, in order to make the laird a pair of trews, used in olden time. And trews being the vest and breeches united in one piece, and ornamented with fringes, were very comfortable, and suitable to be worn in walking or dancing. And Macdonald had said to the tailor, that if he would make the trews by night in the church, he would get a handsome reward. For it was thought that the old ruined church was haunted, and that fearsome things were to be seen there at night.

The tailor was well aware of this - but he was a sprightly man, and when the laird dared him to make the trews by night in the church, the tailor was not to be daunted, but took it in hand to gain the prize. So, when night came, away he went up the glen, about half a mile distance from the castle, till he came to the old church. Then he chose him a nice gravestone for a seat and he lighted his candle, and put on his thimble, and set to work at the trews - plying his needle nimbly, and thinking about the hire that the laird would have to give him.

For some time he got on pretty well, until he felt the floor all of a tremble under his feet - and looking about him, but keeping his fingers at work, he saw the appearance of a great human head rising up through the stone pavement of the church. And when the head had risen above the surface, there came from it a great, great voice. And the voice said, "Do you see this great head of mine?"

"I see that, but I'll sew this!" replied the sprightly tailor - and he stitched away at the trews.

Then the head rose higher up through the pavement, until its neck appeared. And when its neck was shown, the thundering voice came again and said, "Do you see this great neck of mine?"

"I see that, but I'll sew this!" said the sprightly tailor - and he stitched away at his trews.

Then the head and neck rose higher still, until the great shoulders and chest were shown above the ground. And again the mighty voice thundered, "Do you see this see this

great chest of mine?"

And again the sprightly tailor replied, "I see that, but I'll sew this!" and stitched away at his trews.

And still it kept rising through the pavement, until it shook a great pair of arms in the tailor's face, and said, "Do you see these great arms of mine?"

"I see those, but I'll sew this!" answered the tailor - and he stitched hard at his trews, for he knew that he had no time to lose.

The sprightly tailor was taking the long stitches, when he saw it gradually rising and rising through the floor, until it lifted out a great leg, and stamping with it upon the pavement, said in a roaring voice, "Do you see this great leg of mine?"

"Aye, aye, I see that, but I'll sew this!" cried the tailor - and his fingers flew with the needle, and he took such long stitches, that he was just come to the end of the trews, when it was taking up its other leg. But before it could pull it out of the pavement, the sprightly tailor had finished his task - and, blowing out his candle, and springing from off his gravestone, he buckled up, and ran out of the church with the trews under his arm. Then the fearsome thing gave a loud roar, and stamped with both his feet upon the pavement, and out of the church he went after the sprightly tailor.

Down the glen they ran, faster than the stream when the flood rides it - but the tailor had got the start and a nimble pair of legs, and he did not choose to lose the laird's reward. And though the thing roared to him to stop, yet the sprightly tailor was not the man to be beholden to a monster. So he held his trews tight, and let no darkness grow under his feet, until he had reached Saddell Castle. He had no sooner got inside the gate, and shut it, than the apparition came up to it - and, enraged at losing his prize, struck the wall above the gate, and left there the mark of his five great fingers. Ye may see them plainly to this day, if ye'll only peer close enough.

But the sprightly tailor gained his reward - for Macdonald paid him handsomely for the trews, and never discovered that a few of the stitches were somewhat long.

revealed that 72 percent of the public said that they possessed at least one good luck charm. Superstitious beliefs and behaviors have been passed down from generation to generation. Our parents told us about them and we will pass them on to our children. But why do they persist? I believe that the answer lies in the power of luck. Throughout history, people have recognized that good and bad luck can transform lives. A few seconds of ill fortune can lay waste years of striving, and moments of good luck can save an enormous amount of hard work. Superstition represents people's attempts to control and enhance this most elusive of factors. And the enduring nature of these superstitions be-

Superstition comes from a time when people thought that luck was a strange force that could only be controlled by magical rituals and bizarre behaviors.

liefs and behaviors reflects the extent of people's desire to find ways of increasing their good luck. In short, superstitions were created, and have survived, because they promise that most elusive of holy grails – a way of enhancing good fortune.

TESTING SUPERSTITION

There is just one problem. Superstition doesn't work. Several researchers have also tested the validity of these age-old beliefs and found them wanting. My favorite experiment into the topic was a rather strange study conducted by high school student (and member of the New York Skeptics) Mark Levin. In some countries, a black cat crossing your path is seen as lucky, in other countries it is seen as unlucky. Levin wanted to discover whether people's luck really changed when a black cat crossed their path. To find out, he asked two people to try their luck at a simple coin tossing game. Next, a black cat was encouraged to walk across their path, and the participants then played the coin tossing game a second time. As a "control" condition, Levin also repeated the experiment using a white, rather than a black, cat. After much coin tossing and cat crossing, Levin concluded that neither the black or white cat had any effect on participants' luck. Also, skeptics have regularly staged events in which they have broken well-known superstitions, such as walking under ladders and smashing mirrors – all have survived the ordeals intact.

A few years ago I decided to put the power of lucky charms to the test by empirically evaluating the actual effect that they have on people's luck, lives, and happiness. I asked a group of volunteers to complete various standardized questionnaires measuring their levels of life satisfaction, happiness, and luck. Next, they were asked to carry a lucky charm with them and to monitor the effect that it had on their lives. The charms had been purchased from a New Age center and promised to enhance good fortune, wealth, and happiness. After a few weeks everyone in the group was asked to indicate the effect that the charms had had on their lives. Overall, there was absolutely no effect in terms of how satisfied they were with their lives, how happy they were, or how lucky they felt. Interestingly, a few participants thought that they had been especially unlucky, and seemed somewhat relieved that they could now return the charms.

THE LUCK PROJECT

Superstition doesn't work because it is based on outdated and incorrect thinking. It comes from a time when people thought that luck was a strange force that could only be controlled by magical rituals and bizarre behaviors.

Ten years ago I decided to take a more scientific investigation into the concept of luck. I decided that the best method was to examine why some people are consistently lucky whilst others encounter little but ill fortune. In short, why some people seem to live charmed lives full of lucky breaks and chance encounters, while others experience one disaster after another.

I placed advertisements in national newspapers and magazines, asking for people who considered themselves exceptionally lucky or unlucky to contact me. Over the years, 400 extraordinary men and women have volunteered to participate in my research; the youngest eighteen, a student, the oldest eighty-four, a retired accountant. They were drawn from all walks of life – businessmen, factory workers, teachers, housewives, doctors, secretaries, and salespeople. All were kind enough to let me put their lives and minds under the microscope.

The harder they looked, the less they saw. And so it is with luck – unlucky people miss chance opportunities because they are too focused on looking for something else. They go to parties intent on finding their perfect partner and so miss opportunities to make good friends. They look through newspapers determined to find certain type of job advertisements and as a result miss other types of jobs. Lucky people are more relaxed and open, and therefore see what is there rather than just what they are looking for.

But this is only part of the story when it comes to chance opportunities. Many of my lucky participants went to considerable lengths to introduce variety and change into their lives. Before making an important decision, one lucky participant would constantly alter his route to work. Another person described a special technique that he had developed to force him to meet different types of people. He had noticed that whenever he went to a party, he tended to talk to the same type of people. To help disrupt this routine, and make life more fun, he thinks of a color before he arrives at the party and then chooses to only speak to people wearing that color of clothing at the party! At some parties he only spoke to women in red, at another he chatted exclusively to men in black.

Although it may seem strange, under certain circumstances, this type of behavior will actually increase the amount of chance opportunities in people's lives. Imagine living in the center of a large apple orchard. Each day you have to venture into the orchard and collect a large basket of apples. The first few times it won't matter where you decide to visit. All parts of the orchard will have apples and so you will be able to find them wherever you go. But as time goes on it will become more and more difficult to find apples in the places that you have visited before. And the more you return to the same locations, the harder it will be to find apples there. But if you decide to always go to parts of the orchard that you have never visited before, or even randomly decide where to go, your chances of finding apples will be dramatically increased. And it is exactly the same with luck. It is easy for people to exhaust the opportunities in their life. Keep on talking to the same people in the same way. Keep taking the same route to and from work. Keep going to the same places on vacation. But new or even random experiences introduce the potential for new opportunities.

DEALING WITH BAD LUCK

But a lucky life is not just about creating and noticing chance opportunities. Another important principle revolved around the way in which lucky and unlucky people dealt with the ill fortune in their lives. Imagine being chosen to represent your country in the Olympic games. You compete in the games, do very well, and win a bronze medal. How happy do you think that would feel? Most of us would, I suspect, be overjoyed and proud of our achievement. Now imagine turning the clock back and competing at the same Olympic games a second time. This time you do even better and win a silver medal. How happy do you think you would feel now? Most of us think that we would feel happier after winning the silver medal than the bronze. This is not surprising. After all, the medals are a reflection of our performance, and the silver medal indicates a better performance than a bronze medal.

But research suggests that athletes who win bronze medals are actually happier than those who win silver medals. And the reason for this has to do with the way in which the athletes think about their performance. The silver medalists focus on the notion that if they had performed slightly better, then they would have perhaps won a gold medal. In contrast, the bronze medalists focus on the thought that if they had performed slightly worse, then they wouldn't have won anything at all. Psychologists refer to our ability to imagine what might have happened, rather than what actually did happen, as "counter-factual."

I wondered whether lucky people might be using counter-factual thinking to soften the emotional impact of the ill fortune that they experienced in their lives. To find out, I decided to present lucky and unlucky people with some unlucky scenarios and see how they reacted. I asked lucky and unlucky people to imagine that they were waiting to be served in a bank. Suddenly, an armed robber enters the bank, fires a shot, and the bullet hits them in the arm. Would this event be lucky or unlucky? Unlucky people tended to say that this would be enormously unlucky and it would be just their bad luck to be in the bank during the robbery. In contrast, lucky people viewed the scenario as being far luckier, and often spontaneously commented on how the situation could have been far worse. As one lucky participant commented, "It's lucky because you could have been shot in the head – also,

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

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

Email us at: t-nm@live.ca



WE NEED YOUR HELP!
We need a volunteer to deliver the NewsMagazine to the Folcroft location.

Congratulations

The winners of our February contest are **Kelly and Dylan!**

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

CELLPHONE THEFT: PROTECT YOURSELF



Police are warning about an ongoing trend of cellphone thefts, particularly iPhones and other higher-end smart-phones such as Blackberrys.

In many cases, the owners of the phones are using them on the subway or in other public places when these thefts occur, police say.

The devices are being snatched directly out of the owners' hands, and the thieves are making a quick getaway on foot.

Please be vigilant when using such devices under such conditions. Never resist a thief in these types of circumstances, as you might get injured.

CENSUS 2011

The next census will take place in May 2011. Over the next few months, individuals will be hired to conduct the Census. Anyone interested in applying for a Census job can apply on-line now at www.census2011.gc.ca or call 1-866-773-2011.

Period of employment: early March to end of July.

Rate of pay is \$14.72 to \$18.04 per hour plus authorized expenses.

The hours of work are flexible, but one must commit to at least 20 hours per week.

Individuals applying must be 18 years of age or over.

- iii) Pam for Secretary. **MOVED** by Elaine. **SECONDED** by Deanna.
- iv) Deanna for Treasurer. **MOVED** by Elaine. **SECONDED** by Lois.

CARRIED

- c) Appointment of Signing Officers same as above.
- d) Appointment of Committee Liasons including Deanna for Finance Committee, Kelly proposed for Membership Committee, Michael for Health, Safety & Environment (HSE) Committee (including Fire), Melanie for Landscaping Committee, Shannon for Social Committee, Pam for Children's Committee, Elaine for Newsletter and Unit Inspections Committees, TBD for Delegate and Alternate Delegate.
- e) Elaine and Mike appointed to the Staff Evaluation Team (S.E.T.). The third position was deferred.

6. Adoption of the Minutes

June 22nd, 2010 minutes recorded by Pam. DEFERRED.

August 18th, 2010 minutes recorded by Lois. DEFERRED.

August 31st, 2010 minutes recorded by XXX. DEFERRED.

7. Business Arising from the Minutes

August 18th, 2010 - Deferred.

August 31st, 2010 - Deferred.

8. See Confidential Section

9. Co-ordinator's Report for Board Meeting - September 28th, 2010

9.1 Administrative Update:

- a) The new Alterna Savings credit card has been ordered. Please see Alterna's email concerning the credit limit that had to be at least \$2500, but could restrict limits to \$1000/card. Just an FYI to the Board.
- b) Alterna Savings is implementing a transfer limit of \$50,000 for our chequing account. Please note that his CAFT \$50,000 lime is for automatic withdrawals only and has nothing to do with wire transfers. Therefore, \$50,000 limit is more than sufficient limit to cover any member's pre-authorized payment to the Co-op. Just an FYI to the Board.
- c) The Co-Operators Letter Re: Loss Prevention Inspection Results. Premiums going up in January 2011. Just an FYI for the Board.
- d) October 2010 - Coordinator Holidays: Requesting 6 days off in October 2010: October 1st, 7th, 14th, 18th, 21st, 25th, 2010. This would leave 7 unused holidays to be used by January 2011, this is besides the lieu time 1/2 day closures on Tuesday afternoons approved for the Fall 2010. See Vacation, Sick, & Timesheet Report attached.

\$6,915.60 for water meter backflow preventers

\$3,008.70 for backflow preventers for boilers

\$9,924.30 plus HST

GTA Plumbing Quote for Folc. Backflow Preventer \$5,339.25

Maverick P.D. Clark

\$11,163.24 for water meter backflow preventers

\$1,867.52 for backflow preventers for the boilers

\$13,030.76 plus HST

To approve Brady & Seidner & Associates Ltd. to carry out work for backflow preventer on water meters and boilers.

MOVED by Deanna

SECONDED by Elaine

CARRIED

f) R & I Lawncutting Snow Ploughing/Salting Quote for 2010/2011 winter season.

R & I Lawncutting Snow Plowing/Salting Quote for 2010/2011 winter season. His snow plowing price did not increase but his salting price increased slightly due to higher costs for salt. \$575.00/month for five months = \$2,875.00 for season plus salting as required.

MOVED by Deanna

SECONDED by Shannon

CARRIED

10. Committee Reports

- a) New Fire Captain for Building 22 is Kim Fulton. An FYI for the Board.
- b) Need Unit Inspections Committee Chairperson. There are committee members. We just need a chairperson to lead this committee. Mike will talk to Deborah Suddard and get back to the Board.

11. Meeting adjourned at 9:40 p.m.

Chairperson

Recording Secretary

Board Minutes - October 26th, 2010

- d) FYI – We had a new survey on the Fishleigh properties. We do not have an encroachment agreement for the parking lot and this could be an issue. Will monitor and update this situation.
- 9.) Committee Reports – nothing to report
- 10.) New Business:
- a) Parking lot project well underway. Issue about the size of garbage compound and changes. To monitor.
 - b) Co-op Housing Award Night – November 16, 2010 – We do not currently have a delegate, therefore, it is likely that we will not have an attendee present.
 - c) Changes to Co-op's Commercial Insurance Program. Diane included the information in the Newsletter so it has clearly been announced to all members that it is crucial that they have their own insurance as members' individual personal liability insurance will no longer be included in commercial insurance policies.
- 11.) Next Meeting – November 16th, 2010
- 12.) Meeting Adjourned at 8:50 pm.

President

Secretary

Minutes of Board Meeting – November 16th, 2010

9.) Shannon motions to post memo throughout building requesting new landscape chair. Deanna seconds

Carried

10a) Shannon motions to purchase 4 chairs for the Co-op at a cost of \$100 per chair. Melanie seconds the motion

Carried

10c) As a courtesy to staff and other Board members, board members now need to rsvp to each board meeting, to ensure that quorum will be met and people will not be subjected wasting time waiting for board members to possibly show up.

10d) Diane will post an ad in the co-op news letter advertising the sale of the typewriter at cost of \$ 25 or best offer.

Next Meeting – December 7th 2010

Meeting Adjourned at 9:08pm

President

Secretary



Rooftops Canada
Abri international

JAN 31 2011

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January 26, 2011

Thurlestone Co-operative Incorporated
Scarborough ON M1N 1G9

Dear Friend of Rooftops Canada:

The Board of Directors, staff and our overseas partners would like to thank you for your generous donation of \$200.

With your contribution, WAT-Human Settlements and Rooftops Canada have been working to improve living conditions for the millions of people affected by poor housing conditions in Tanzania. WAT has disbursed 60 loans for purchase of land, land regularization, house repairs and new construction. WAT is also negotiating to acquire new land.

Pam Ralston, Canadian Housing Renewal Association Vice-President and Rooftops Canada Member, visited Kenya and Tanzania last year. She admired our partners' work on the ground:



Tabitha Siwale, Executive Director of WAT (second from left) and other WAT members in Tanzania, with Sylvain Belisle, second from right and Pam Ralston, right.

"I learned what it means to talk about home, East African style – building room by room. WAT and the National Cooperative Housing Union of Kenya impressed me with their absolute dedication. With support from Canadian partners through Rooftops Canada, they are scaling up their organizations to help thousands of people use incremental loans to build a safer, healthier home in which to raise their families."

Every dollar you give allows us to access nine more dollars from CIDA, which means your donation goes even further to building sustainable and healthy communities

Thanks again for your support and best wishes for 2011.

Yours sincerely,

Barry Pinsky
Executive Director

PS: If you would like to receive our monthly e-bulletin, please contact us at info@rooftops.ca. You can also follow us on Facebook www.facebook.com/pages/Rooftops-Canada and twitter <http://twitter.com/#!/RooftopsCanada>.



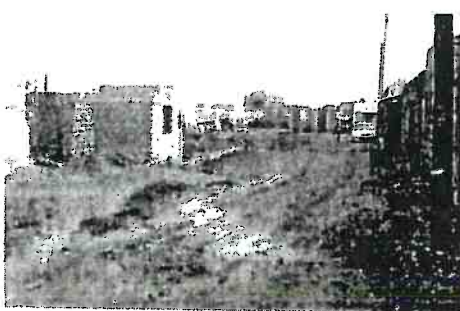
Income from Charity Nyambura's business enables her to support her family and pay off loans.

November. Her co-op was organized by NACHU in 1988 when families were evicted to make way for roads and public works projects. They were re-settled in an area with few services, and Charity's family built a small shack. But over the years, with a series of small loans, the site has been filled with seven rooms arranged on either side of an outdoor courtyard. The front room is a shop where Charity sells fruits and vegetables. Her children grew up in the house and two adult children and their families still live with her.

"I have at long last settled down and will soon finally complete my house without fear of being

evicted again", says Charity with a smile on her face.

The NACHU - Rooftops Canada - CHF Canada loan program provided the loan for Charity's sitting/living room, where she hosted us. Once this loan is paid off, she plans to take out one more loan to upgrade the toilet and washroom. Twenty-two years of hard work to build a home in which to raise her family!



Soweto Housing co-op ready for infrastructure development

NACHU is also involved in Charity's community's struggle to pave the roads in an area dense with housing and shops. It is trying to ensure that people have access to better water supply and eventually sewers to replace the existing holding tanks.

Rooftops Canada's work to build NACHU's capacity to handle a burgeoning HMF

program has attracted new funding from Homeless International, a UK-based group, and the Swedish International Development Agency. They are committed to help cover both HMF capital needs and core costs to assist NACHU's growth towards financial sustainability.

For more information or to offer your assistance for this or other programs, please contact info@rooftops.ca or visit www.rooftops.ca.

consistent à établir des réseaux internationaux et régionaux en Afrique, ainsi qu'à effectuer des activités de recherche et de renforcement des capacités. L'agent de programme sera également chargé d'intégrer une orientation jeunesse à l'échelle des programmes d'Abri international. Ce poste est un poste contractuel à temps plein. La date limite pour postuler est le 31 mars 2011. Pour plus d'informations [cliquez ici](#).

Le microfinancement de l'habitation est en marche au Kenya

Barry Pinsky

Le programme de microfinancement de l'habitation d'Abri



Une coopérative de la Soweto Housing est prête pour l'installation des infrastructures.

dans une région où la densité des maisons et des commerces est élevée. L'organisme essaie de faire en sorte que les gens ont accès à un meilleur approvisionnement en eau et éventuellement à des égouts pour remplacer les cuves de rétention existantes pour les eaux usées.

Le travail d'Abri international en vue de renforcer les capacités de la NACHU pour gérer le tout nouveau programme de microfinancement de l'habitation a permis d'attirer de nouveaux fonds d'Homeless International, un organisme du Royaume-Uni, et de l'Agence suÃ©doise de dÃ©veloppement international. Ces organismes se sont engagés à aider à répondre aux besoins d'immobilisation pour le programme microfinancement de l'habitation et à assumer les coûts de base pour aider la NACHU à atteindre la viabilité financière.

Pour de plus amples renseignements ou pour appuyer ce programme ou d'autres, veuillez communiquer avec info@rooftops.ca ou allez sur le site www.rooftops.ca.

Rooftops Canada/Abri International is the international development program of co-operative and social housing organizations in Canada. We work with partner organizations to improve housing conditions, build sustainable communities and develop a shared vision of equitable global development.

We encourage you to forward this bulletin to anyone who may be interested. We also welcome your comments, questions or suggested items for the bulletin. Please send any comments to info@rooftops.ca or the contacts at the bottom of this message.

Abri International/Rooftops Canada est le programme de développement international des coopératives d'habitation et des organismes de logement social du Canada. Nous travaillons avec des organismes partenaires pour améliorer les conditions de logement, bâtir des communautés viables et concevoir une vision commune du développement mondial équitable.

Nous vous encourageons à transmettre ce bulletin aux personnes intéressées. Nous vous encourageons également à nous faire part de vos commentaires, questions ou suggestions pour le bulletin. Veuillez envoyer vos messages à info@rooftops.ca ou aux coordonnées indiquées ci-après.

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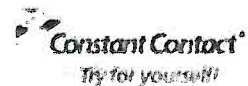
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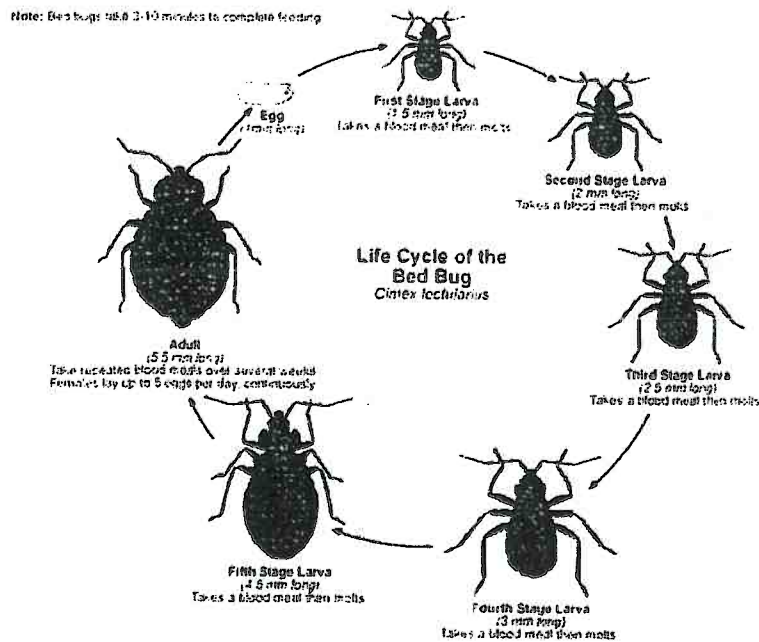


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The bed bug life cycle has seven stages: egg, five nymph or larva stages, and adult. A female bed bug will lay eggs every few days and typically will lay 300 to 500 eggs in her life time. The offspring must have a blood meal between each stage. Under ideal conditions the complete bed bug life cycle is four to six weeks. The short maturation period of bed bugs and abundant egg production of female bed bugs means that untreated infestations can grow very quickly.

Adult bed bugs can live for approximately one year, but can hibernate and live longer if they are unable to access food sources. A bed bug's feeding can last three to 10 minutes. While usually painless, the resulting bite can develop into an itchy welt that may last for several weeks. The bites are also prone to infection if scratched. Some people may develop severe skin conditions or experience allergic reactions to the bites.

Where do they come from and where do they live?

There are popular misconceptions that suggest that bed bugs are a "low income" or a "city" problem. Both are untrue. Bed bugs can be found anywhere where a lot of people come together, particularly places like hotels, apartment and condominium buildings, and hospitals. They have been found in movie theatres, on subways, and in luxury hotel suites. They are not a problem faced only by the poor; they are a problem faced by all of us. They are hitchhikers, hiding in luggage, laundry, and in objects, waiting to be brought to a new home.

Given their size, bed bugs are able to hide in any type of crack or crevice found in a typical home. They will typically be found hiding on or around mattresses, box springs, and bed frames, as well as in upholstered furniture. This is not surprising given their nocturnal feeding habits. Depending on the infestation they can also be found under and behind baseboards, on curtains, in clothing, and even in electronics; they can be found almost anywhere!

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Bed Bugs: Preventive steps for staff and members

Information and education are vital to preventing an infestation of bed bugs or to catching it quickly. A proactive and open dialogue about bed bugs will help to reduce the stigma that surrounds an infestation and encourage members to be vigilant in inspecting their unit and to notify staff of potential concerns.

There are some quick and easy habits that can help staff and members to prevent and identify potential infestations.

For members

- While curbside finds such as furniture, clothing, electronics and household objects can be tempting, there may be a reason that they have been discarded. Since bed bugs often infest soft, upholstered furniture like couches and chairs and can live in the joints of things like tables. Members should be given this information and be encouraged to avoid bringing discarded furniture and other items into their units.

Fact Sheet

October 2008

Avoiding Bed Bug 'Hitch Hikers'

Sometimes people can get bed bugs from visiting clients or friends or making service calls at locations that have had a bed bug infestation. No one wants to pick up and bring home (or to another location) unwanted pesty passengers.

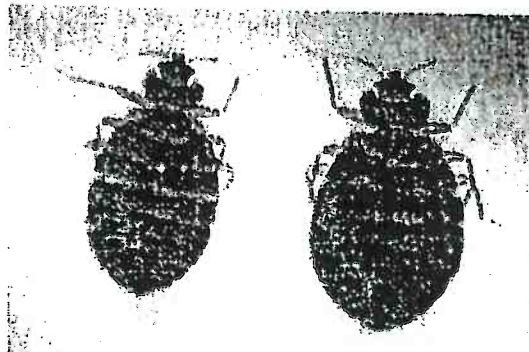
There are two ways to get bed bugs—migration and hitch hiking. Migration is when bed bugs walk to an adjacent unit through hallways, plumbing, electrical lines, or other means. Hitch hiking is when bed bugs climb into or on bags, clothing, or other belongings and are relocated by a person.


Some bed bug biology to consider:

- Bed bugs feed at night and hide during the day (90% of their life is spent in hiding areas)
- Bed bugs prefer dark areas
- Bed bugs tend to hide near the bed or where the person normally sleeps
- Bed bugs are unlikely to be active during the day
- Bed bugs are large enough to be seen with the naked eye (an adult is 6mm long)
- Bed bugs do not fly or jump

The following practices will help prevent picking up bed bug hitch hikers:

- Learn how to identify bed bugs (see photo)
- When visiting, bring in only what you need and avoid placing bags close to walls and furniture (if this is unavoidable place belongings in a closed white plastic kitchen bag and examine it for any bed bugs before leaving)
- If possible, stand rather than sit, or avoid sitting on furniture with fabric—wood or metal chairs are better
- Inspect shoes, clothing, and belongings after leaving
- If you find any bed bugs kill them immediately
- Put work clothes in the dryer for at least 30 minutes on high heat when you get home
- Use disposable protective clothing such as shoe covers and coveralls





JOB FAIR

CALLING ALL YOUTH
15-25 years looking for work

Date: Friday March 11, 2011
Time: 1:00-5:00pm
Location: Scarborough Civic Centre
(150 Borough Drive)
McCowan Rd & Ellesmere Rd M1P 4N7

Employers



Need help to get your
resume ready for the
Job Fair?
Visit your nearest
Employment Centre

- Footlocker
 - Compass Group (Toronto Zoo)
 - Ontario Place
 - Boys and Girls Club
 - YMCA (Summer jobs for youth)
 - Centreville Amusement Park
- And Many More**

Turnip greens	Grains	Sunflower seeds
Winter squash		Tahini
Yams	Amaranth	Tempeh
	Arborio rice	Tofu
	Barley	Tuna, canned or fresh
	Brown rice	Turkey, skinless
	Buckwheat	Veggie burgers
	Bulgur	Walnuts
	Corn	Wild game, skinless
	Jasmine rice	
Calcium-Rich Foods	Millet	
	Oats	
Almond milk	Quinoa	
Cheese, low fat	Rye	
Cottage cheese, low fat	Spelt	
Milk, skim or 1%	Triticale	Miscellaneous
Orange juice with calcium	Wheat berries	
Rice milk	Whole grain breads, cereal, pasta	Canola oil
Soy milk	Whole wheat breads, cereal, pasta	Dark chocolate
Yogurt with active cultures, low fat	Wild Rice	Green tea
		Olive oil

Irish Champ (Mashed Potatoes)

Servings:

4-6 Servings Size

Ingredients:

5 fluid ounces milk

10 spring onions, chopped and cooked in the milk
salt and pepper

1 1/2 lbs freshly cooked hot mashed potatoes

4 tablespoons melted butter

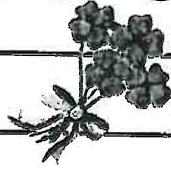
Directions:

Prep Time: 10 mins

Total Time: 35 mins

1. Cook the chopped spring onions, green part as well as white, in the milk; drain, but reserve the milk.
2. Season the mashed potatoes to taste, and then add the spring onions.
3. Beat well together and add enough hot milk to make the dish creamy and smooth.
4. Put onto 4 individual plates, make a well in the centre of each portion and pour a tablespoon (or more) of melted butter into each.
5. The dry potato is dipped into the well of butter when eating.

Women's Day Anagram



Instructions :

Rearrange each disordered set of letters to fill the blank spaces with words that have a relation with International's Women's Day. For each correct solution, you get one point. That equals to ten points for ten correct answers. Try your luck and see how much you can score!

howodamon : _____

lietuqay : _____

grisht : _____

charm : _____

teksir : _____

gamincap : _____

roecagu : _____

letracebion : _____

gorpress : _____

nowem : _____

Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a Prize/lucky 649 Ticket. The highest score wins but in case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the Newsletter. Entries must be submitted by March, 19th. **Good luck**

Do You Know ...

A kangaroo can't jump unless its tail is touching the ground

The donkey's eye placement helps it see all its four feet at time.

A group of geese on the ground is a gaggle; in the air, they are called skein.

Cats can produce over one hundred vocal sounds, while dogs can only produce about ten.

Polar Bears trying to blend in with the ice will sometimes cover up their black nose with their paws.

Camels have three eyelids to protect themselves from blowing sand.

On an average, a hedgehog's heart beats 300 times, per minute.

A mole can dig over 250 feet of tunnel in a single night.

A crocodile can never stick its tongue out of its mouth.

The butterfly was originally known as the 'flutterby'.

Sheep can recognize other sheep from pictures.

The taste buds of a butterfly are in its feet.

A snail can sleep for three years, at a stretch.

Anteaters actually prefer termites to ants.

An ostrich's brain is smaller than its eye.

A group of owls is called a parliament.

A group of rhinos is called a crash.

A starfish can turn itself inside out.

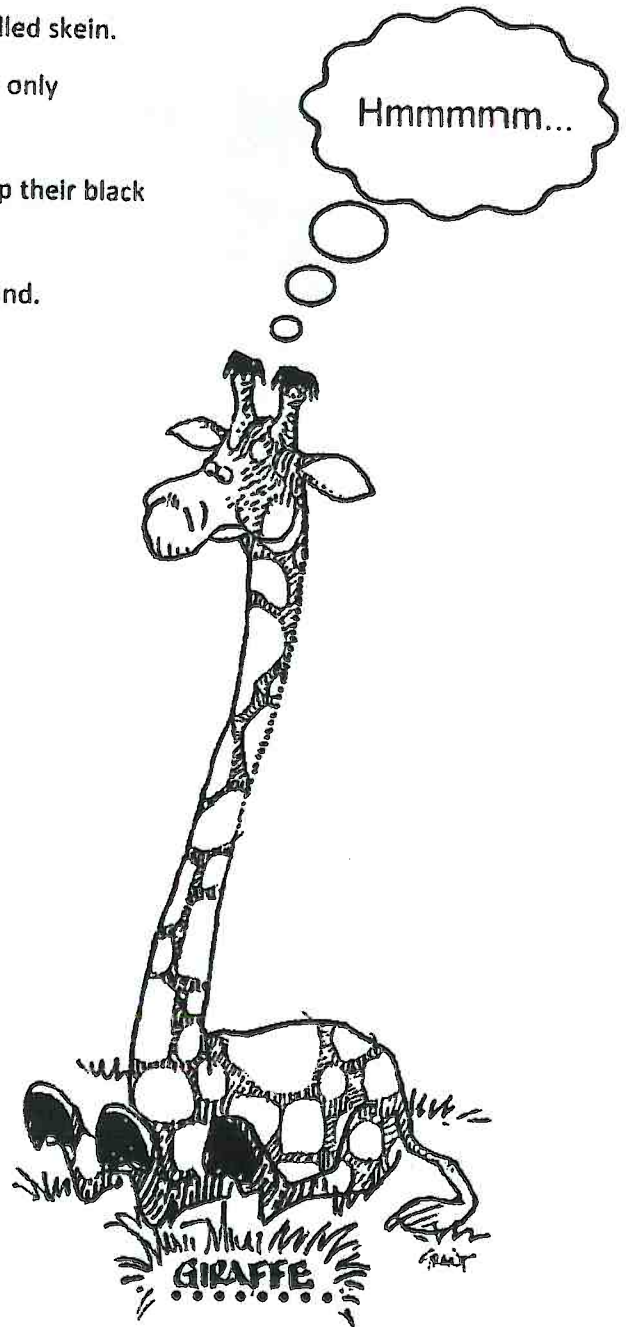
A jellyfish is 95 percent water.

Giraffes have no vocal cords.

Reindeer like to eat bananas.

Mosquitoes have teeth.

Slugs have 4 noses.



Hey Kids!

Submission Deadline March. 19/11

How Many Animals Are Named On This Page?

Write the answer: _____

Your name: _____

Unit number: _____

Age: _____

Cut and drop this portion in the box on the office door or e-mail this info to t-nm@live.ca
The first one to give us the answer will win a prize. Good luck !

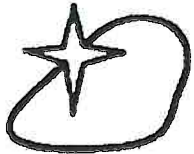
HAPPY ST. PATRICK'S DAY



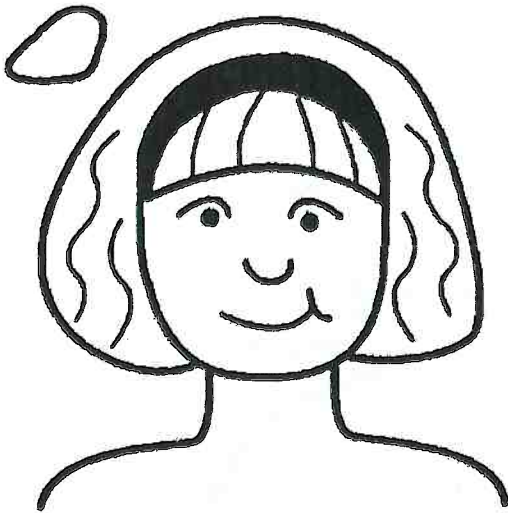
dance	four-leaf clover	gold coins
good luck	green	harp
Ireland	jig	leprechaun
lucky	magic	March
music	orange	pot of gold
rainbow	saint	seventeenth
shamrock	St. Patrick's Day	wish



GOLD! DISCOVERY



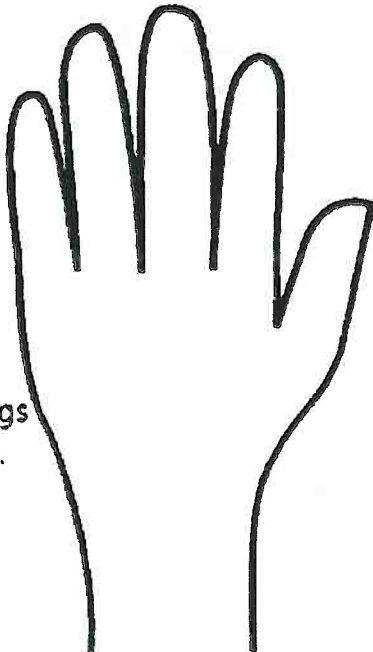
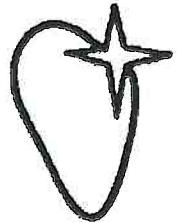
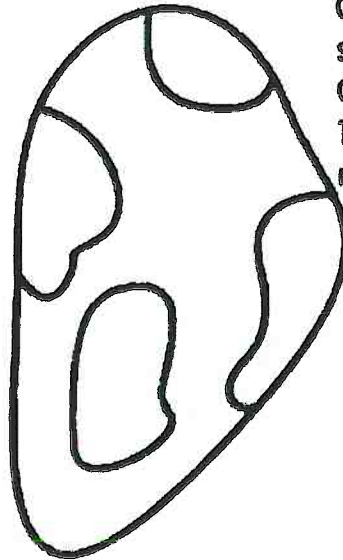
Gold is a very popular metal. There are many uses for gold such as, jewelry, electronics, or painting. The Great Gold Rush in the 1800's caused many people to move to California in search for gold and fortune.



Draw gold jewelry on the girl. Design earrings and a necklace.

FOOL'S GOLD

Chalcopyrite, fool's gold, is sometimes mistaken for gold. Chalcopyrite is a type of copper. The color is green yellow. This metal is hard but flakes off.



Draw gold rings and bracelets.

"Gold panning" means searching for gold in rivers. Panning uses a pan to sift through the river banks. The water washes away the dirt and if lucky, leaves gold pieces.

