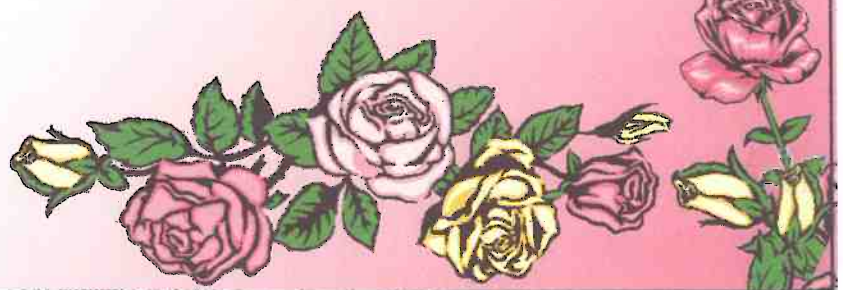
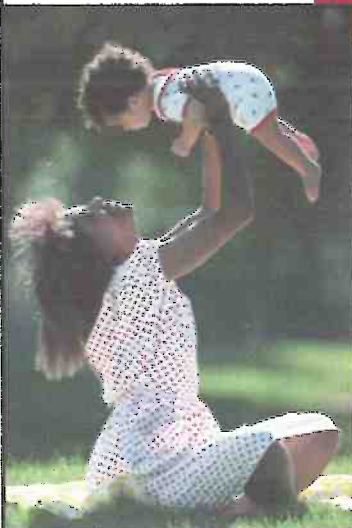
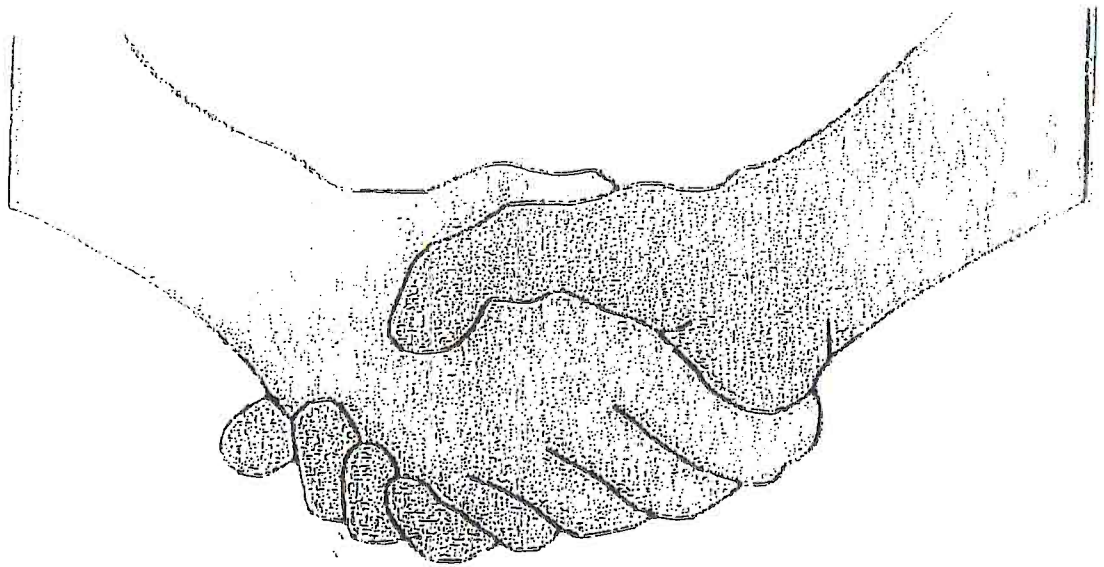


Charlestone

News Magazine

May 2010





To promote Unity and Participation

To inform and Entertain



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Acknowledgements: Thanks to all those who helped make this issue possible. A very special thanks to Alba Salsona who delivers the NewsMagazine each month.



Notes from the Editor

What a beautiful spring this year! Just looking at the fresh green and finding new blossoms every day makes me happy. I hope you enjoy the bright sky and the sun shine with me!

Mother's Day is coming up! This is THE day to let her know how much you love her and the day to treat her like a queen. It's the best day to thank her for being your MOM and for all the good things she does and did for you. At the end of this month, it will be Victoria Day. Canadians celebrate this day in honour of both the birthday of Queen Victoria of England (1837-1901) and the current reigning Canadian sovereign's official birthday. It is also considered an informal mark of the beginning of the summer season. As every year there will be fireworks at Ashbridge's Bay that night. This year it will be even more special, because it will be me and my husband's anniversary.

Take care of each other!

*Your editor
Heike Heinze Wilks*



QUEEN MARGARET AND THE ROBBERS

by Albert F. Blaisdell

One day when roses were in bloom, two noblemen came to angry words in the Temple Gardens, by the side of the river Thames. In the midst of their quarrel one of them plucked a white rose from a bush, and, turning to those who were near him, said,

"He who will stand by me in this quarrel, let him pluck a white rose with me, and wear it in his hat."

Then the other gentleman tore a red rose from another bush, and said,

"Let him who will stand by me pluck a red rose, and wear it as his badge."

Now this quarrel led to a great civil war, which was called "The War of the Roses," for every soldier wore a white or red rose in his helmet to show to which side he belonged.

The leaders of the "Red Rose" sided with King Henry the Sixth and his wife, Queen Margaret, who were fighting for the English throne. Many great battles were fought, and wicked deeds were done in those dreadful times.

In a battle at a place called Hexham, the king's party was beaten, and Queen Margaret and her little son, the Prince of Wales, had to flee for their lives. They had not gone far before they met a band of

robbers, who stopped the queen and stole all her rich jewels, and, holding a drawn sword over her head, threatened to take her life and that of her child.

The poor queen, overcome by terror, fell upon her knees and begged them to spare her only son, the little prince. But the robbers, turning from her, began to fight among themselves as to how they should divide the plunder, and, drawing their weapons, they attacked one another.

When the queen saw what was happening she sprang to her feet, and, taking the prince by the hand, made haste to escape.

There was a thick wood close by, and the queen plunged into it, but she was sorely afraid and trembled in every limb, for she knew that this wood was the hiding place of robbers and outlaws. Every tree seemed to her excited fancy to be an armed man waiting to kill her and her little son.

On and on she went through the dark wood, this way and that, seeking some place of shelter, but not knowing where she was going. At last she saw by the light of the moon a tall, fierce looking man step out from behind a tree. He came



A Mother's Day Story

directly toward her, and she knew by his dress that he was an outlaw. But thinking that he might have children of his own, she determined to throw herself and her son upon his mercy.

When he came near she addressed him in a calm voice and with a stately manner.

"Friend," said she, "I am the queen. Kill me if thou wilt, but spare my son, thy prince. Take him, I will trust him to thee. Keep him safe from those that seek his life, and God will have pity on thee for all thy sins."

The words of the queen moved the heart of the outlaw. He told her that he had once fought on her side, and was now hiding from the soldiers of the "White Rose."

He then lifted the little prince in his arms, and, bidding the queen follow, led the way to a cave in the rocks. There he gave them food and shelter, and kept them safe for two days, when the queen's friends and attendants, discovering their hiding place, came and took them far away.

If you ever go to Hexham Forest, you may see this robber's cave. It is on the bank of a little stream that flows at the foot of a hill, and to this day the people call it "Queen Margaret's Cave"

















Fun Facts

- ❁ Mother's Day is now celebrated in many countries around the world. Australia, Mexico, Denmark, Finland, Italy, Turkey, Belgium, Russia, China, Thailand, all have special celebrations to honor Mothers, but not in the same way or on the same day as the United States.
- ❁ Chinese family names are often formed (begin) with a sign that means "mother". It's a nice way of honoring their moms long past.
- ❁ Japan's Imperial family traces their descent from Omikami Amaterasu, the Mother of the World.
- ❁ The Greek word "meter" and Sanskrit word "mantra" mean both mother and measurement.
- ❁ Hindu scripture credits the Great Mother, Kali Ma, with the invention of writing through alphabets, pictographs and beautiful sacred images.
- ❁ Native American Indian women have long been honored with the name, "Life of the Nation" for their gift of motherhood to the tribes.
- ❁ George Washington once said, "My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."
- ❁ In the Bible, Eve is credited with being the "Mother of All the Living."
- ❁ Mother Earth is also known as "Terra Firma". That title is a Latin translation of some lines from one of the Greek poet, Homer's, greatest poems.
- ❁ The Ancient Greeks celebrated Mother's Day in springs, like we do. They used to honor Rhea, "mother of the gods," with honey-cakes and fine drinks and flowers at dawn. Sounds like the beginnings of the Mother's Day tradition of breakfast in bed!
- ❁ Buddha honored mothers when he said, "As a mother, even at the risk of her own life, loves and protects her child, so let a man cultivate love without measure toward the whole world."





Quotes on Mother's Day

-  "All that I am or ever hope to be, I owe to my angel Mother." ~ *Abraham Lincoln*
-  Let France have good mothers, and she will have good sons ~ *Nepoleon Bonaparte*
-  A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie Let France have good mothers, and she will have good sons ~ *Tenneva Jordan*
-  "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child." - ~ *Sophia Loren*
-  A mother had a slender, small body, but a large heart - a heart so large that everybody's grief and everybody's joy found welcome in it, and hospitable accommodation. ~ *Mark Twain*
-  "God could not be everywhere and therefore he made mothers." ~ *Jewish proverb*
-  There is only one pretty child in the world, and every mother has it. ~ *Chinese Proverb*
-  "A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts." ~ *Washington Irving*
-  "Time is the only comforter for the loss of a mother." ~ *Jane Welsh Carlyle*
-  Mother is the name for god on the lips and hearts of all children. ~ *Brandon Lee*
-  Most mothers are instinctive philosophers. ~ *Harriet Beecher Stowe*
-  "Only mothers can think of the future-because they give birth to it in their children." ~ *Maxim Gorkey*
-  "Being a full-time mother is one of the highest salaried jobs... since the payment is pure love." ~ *Mildred B. Vermont*
-  A mother understands what a child does not say. ~ *Jewish proverb*
-  "There was never a great man who had not a great mother -- it is hardly an exaggeration." ~ *Olive Schreiner*
-  "Becoming a mother makes you the mother of all children. From now on each wounded, abandoned, frightened child is yours. You live in the suffering mothers of every race and creed and weep with them. You long to comfort all who are desolate." ~ *Charlotte Gray Mark Twain*

"Happy Mother's Day"

"Happy Mother's Day" means more
Than have a happy day.
Within those words lie lots of things
We never get to say.
It means I love you first of all,
Then thanks for all you do.
It means you mean a lot to me,
And that I honor you.



But most of all, I guess it means
That I am thinking of
Your happiness on this, your day,
With pleasure and with love

Kay Hunt

For Moms

She was there at the beginning
When the world was new to you -
She was there to turn to happy times
Those when, you were hurt or blue.

She was there to listen to your thoughts
And when you asked, to give advice -
She was there to tell you, "Those don't match!"
Or, "Hon, you sure look nice."

She was there with you at nighttime
To help you say your prayers -
She was there to tell you, "It's alright."
When you had a dream that scares.

She was there at morning time
To get you up and out of bed -
She was there when you didn't feel good (or did)
To say, "You'd best stay home, instead."

She was there when you were hungry
And when you had those dirty clothes -
She was there when you needed her
(How she knew? Only heaven knows.)

She was there at the beginning
And she'll be there your whole life
through -
She'll be there in your mind and heart
Just like a mother is supposed to do.

Del "Abe" Jones



No Love like a Mother's Love

There is no love, like a mother's love,
no stronger bond on earth...
like the precious bond that comes from God,
to a mother, when she gives birth.

A mother's love is forever strong,
never changing for all time...
and when her children need her most,
a mother's love will shine.

God bless these special mothers,
God bless them every one...
for all the tears and heartache,
and for the special work they've done.

When her days on earth are over,
a mother's love lives on...
through many generations,
with God's blessings on each one.

Be thankful for our mothers,
for they love with a higher love...
from the power God has given,
and the strength from up above.

Jill Lemming



A Mothers Love

To some love is just a word
To me it's a feeling

A feeling I get every time I look into your eyes
A feeling I get when I realize your my mom
A mom who loves, shares, A mom who inspires
Unconditionally

What's that?

That's love

A mothers love, but only you would know
And me

You returned that love time and time again
Possibly to much, nevertheless you did

Thank-you

Thank-you for being there when I needed you most
For being my rock when I should have been yours

Thank-you for believing in me,
even when I doubted myself

For being the one person I could trust

No matter what, no matter where

But most of all thank-you for being you-my mom

A mom I am so proud to claim

I love you

Now and forever

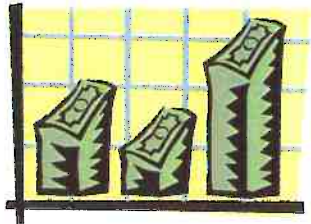
Trevor Duggan

What Happened in May

- 1st May Day
- 1st The Empire State Building opens in NYC, 1931
- 1st Canada's First silver dollar is circulated, 1935
- 1st Mr. Potato Head first introduced, 1952
- 2nd "Good Housekeeping" Magazine first published, 1885
- 3rd Margaret Mitchell wins Pulitzer Prize for "Gone with the Wind", 1937
- 5th Cinco de Mayo
- 6th National Nurse Day
- 6th First postage stamps issued, 1840
- 9th The Lawn mower was patented, 1899
- 10th First Mother's Day is observed, 1908
- 11th Eat What You Want Day
- 11th Comedy troupe Monty Python formed, 1969
- 14th Vaseline is first sold, 1878
- 14th The first passenger flight on an airplane, 1908
- 15th Mickey Mouse made his 1st appearance, 1928
- 16th Liberace's Birthday
- 17th First Merry-Go-Round seen at a fair, Turkey, 1620
- 17th Rubber band patented, 1845
- 18th Montreal, Canada founded, 1642
- 20th D. Hyde patented the fountain pen, 1830
- 22nd Toothpaste in a tube invented, 1892
- 23rd World Turtle Day
- 24th Song "Mary Had a Little Lamb" written, 1830
- 27th The Golden Gate Bridge opened, 1937
- 28th First indoor swimming pool opens, 1742



Notes from the Co-ordinator's Desk



HOUSING CHARGES - JUNE 1ST, 2010

At a meeting of the General Members held March 25th, 2010, the Operating and Capital Budgets for fiscal year beginning June 1st, 2010 to May 31st, 2011 were approved.

Therefore, please take notice that your housing charges will be increasing on June 1st, 2010 as follows:

- Fishleigh:**
1 bedroom \$748.00
2 bedroom \$843.00

- Folcroft:**
1 bedroom \$1005.00
2 bedroom \$1080.00
3 bedroom \$1169.00

Households Applying For Subsidy for June 1st, 2010:

Households who have submitted an annual application for housing charge assistance (subsidy) for June 1st, 2010 must pay the market housing charges for their unit as listed above, unless or until they receive notice from the Co-op that they have been deemed eligible for housing charge assistance for June 1st, 2010.

Those households deemed eligible for subsidy and subject to subsidy availability will be notified in writing by the Co-op by not later than May 31st, 2010. They will be notified of the amount of housing charge assistance awarded to their household commencing June 1st, 2010. Completed and submitted subsidy applications will be handled on a first come first served basis.

As a reminder, all households applying for subsidy must submit a copy of their 2009 Notice of Assessment by not later than May 31st, 2010, as part of their income verification requirements.



LAWNMOWER USAGE

It's springtime again and the grass is beginning to grow. We have very good lawn mowing equipment and we would like to encourage anyone interested in cutting the grass to lend a hand in the ongoing summer maintenance of the lawns. If you can help with the grass cutting and you need access to the equipment, please contact Shari Kiewel, the Landscape Chairperson at 416-267-1052 for assistance, or you may contact the Co-op Office at 416-261-1110.

Please note that when cutting the grass or when operating the other garden equipment, you must take steps to protect yourself with safety wear, such as safety shoes and safety eyewear. For everyone's protection, co-op lawn and garden equipment is to be operated

by members only and only after they have received authorization from either the Co-op Office or the Landscape Chairperson.

If the equipment needs fuel or oil, please let the Co-op Office know before it runs out so that we can make sure they are always ready for use.

Furthermore, please note that if you find any of the equipment not operating properly, please let the Co-op Office know as soon as possible so repair arrangements can be made.



Careful – Flowers Growing

It is that time of year when the flowers are starting to come up and are blooming again, providing

beautiful enjoyment for everyone at the Co-op.

We need everyone's help to protect the flowers so that they continue to bloom all summer! Please make sure that everyone in your household is aware of the gardens and that they make sure that everyone avoids walking or trampling through the gardens. This can sometimes happen, for example, if children are innocently playing but accidentally run through a garden area. Therefore, please help by providing education to everyone in your household concerning the use and care required around the garden areas of the Co-op. If you would like your own designated garden area or if you require gardening supplies including soil, flowers, etc., please contact Shari Kiewel at 416-267-1052 for assistance.



Reminder Basketball Playing at 2 Folcroft

Many of our co-op children and their friends are

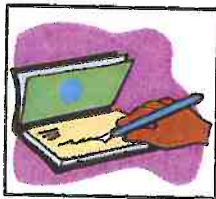
enjoying some great fun playing basketball with temporary basketball nets that are often put up in the back yard at 2 Folcroft. In order to keep this area safe and secure and to balance the needs of the children for play with the needs of all of the apartments and houses surrounding the back yard with respect to noise, please be advised that a curfew has been set whereby basketball playing will be allowed anytime during the daytime up until 9:00 p.m. seven days per week.

To all those playing basketball, please remember that the back yard patio area must be a shared space with other members. Therefore, if you see other children wishing to play in the backyard patio area, please make room or cease playing basketball for awhile so that others may use this space as well.

- Please refrain from using profane language in the common areas of the Co-op.
- Out of respect for others, please

maintain reasonable noise levels when using the backyard patio area or any common areas of the Co-op.

- No Playing Basketball after 9:00 p.m. - 7 days/wk.



Payment Options

Pre-Authorized Payment:

At the back of this Newsletter you will find a page entitled *Pre-authorized Debit (PAD) Agreement*.

This is the most convenient and worry-free method for paying your monthly housing charges. To take advantage of this easy payment method, please complete the PAD Agreement and attach a void cheque and return it to the Co-op Office by the 25th of any month prior to the 1st of the month in which you wish to begin paying with

this method. On this payment method, your housing charges would be debited from your account on the first of every month and may be cancelled by you within 10 days advance notice to the Co-op Office before any payment due date.

This method is easy and can save you the trouble of writing cheques each month. It can also help to prevent late payment fines for payments not received by the 1st of the month.

Post-Dated Cheques:

Another method is to submit a series of 11 post-dated cheques from July 1st 2010 to May 1st, 2011 to the Co-op Office. Then on the 1st of each month, one of your post-dated cheques is processed to pay for that month's housing charges for your unit. The cheque payment for June 1st, 2010 would be for a different amount, as it must also include the increase to the Last Month's Housing Charge Deposit that will become due on June 1st, 2010 due to the increasing housing charges on June 1st, 2010.

Cheque or Money Order:

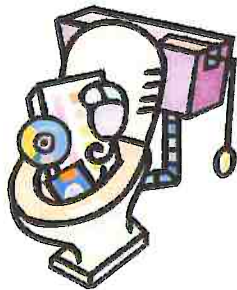
The final payment option for housing charges is to submit individual cheques or money orders each month to the Co-op Office by the 25th of each month but post-dated for the first of the month following when your housing charges become due for that month. Cheques or money orders are required to be submitted by the 25th of the month before the 1st of the month following so that the Finance Committee can prepare the 1st of the month deposits in advance. Please be assured, however, that cheques will not be deposited until the 1st day of each month when they become due.

Cash:

Please note that cash payments are not to be accepted, at the recommendation of the Co-op's Auditors, as it increases our liability. We must insist that members choose one of the above payment methods when paying their monthly housing charges.



We recently experienced yet another flood from a blocked plumbing stack, only this time it was at 2 Folcroft. These types of floods are completely preventable in that if members make sure to avoid flushing anything down their drains, toilets, etc., that is not considered natural waste products such as feces, urine, toilet paper, soapy water, soiled water, and clear water.



Do Not Flush in Toilets:

- Toys
- Razors, toothbrushes, small product bottles
- Tampons & applicators, sanitary napkins,
- Disposable cat litter
- Disposable wipes

- Mop heads, or other cleaning implements

Do Not Flush in Kitchen or Bathroom Drains:

- Cooking grease, oils, or fats (such as bacon fat). Please let these cool and then dispose of them completely into the garbage.
- Food waste on plates. Please scrape all plates into the garbage and not the drains before washing them in the sink. This will prevent food from collecting and hardening in the main stacks resulting in drain clogs and backups.
- Laundry lint or soap. There has been a recent House Rule Policy Change at the March 2010 General Meeting that now prohibits the use of in-suite washers and dryers and so laundry lint or soap will likely no longer be a detrimental factor in the Co-op's ongoing drain care plan.



REGULAR OFFICE HOURS

The Co-op Office is regularly open from: Monday to Friday, 1:00 pm and 4:00 pm, except when otherwise posted.

To reach the Co-ordinator during weekday mornings, please call 416-261-1110 and leave a message. Weekday mornings and some evening appointments are available upon request.

EMERGENCIES:

If you have a maintenance emergency during an evening, weekend, or holiday, please call the

ON-CALL PAGER

416-441-8360

OR :

Contact a Board Representative for assistance.

Diana Hogan, Co-ordinator
Phone #416-261-1110 Email: thurlestonecoop@rogers.com



Welcome to New Members

Randy and Trudy Panchyson-1603

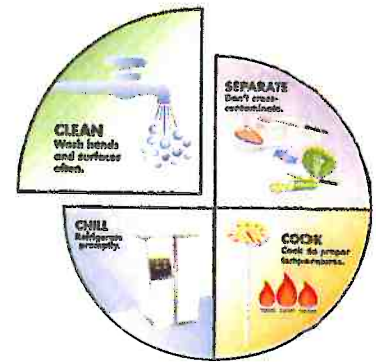
**Richard Chmura and Mesissa
Soulliere-5C**

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

MAY-10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Board Meeting 7:00	5	6	7	8
MOM Mother's Day	10	11 Finance Meeting 7:00	12	13	14	15 Membership 9:00 am
16	17	18	19	20 NewsMagazine 7:30	21	22
23 Pentecost	24 Victoria Day	25 Board Meeting	26	27 NewsMagazine 7:30	28	29
30	31					

A Fight BAC!™ Focus on **clean**



Always wash your hands for at least 20 seconds before handling food and after handling meat, poultry, eggs and seafood and after changing diapers, touching pets and using the washroom.

Clean and then sanitize counter tops, cutting boards and utensils with a mild bleach solution (5ml/1 tsp. bleach per 750ml/3 cups water) before and after food preparation.

Discard worn cutting boards. Consider using paper towels to wipe kitchen surfaces or change dishcloths daily to avoid the possibility of cross-contamination and the spread of bacteria. Avoid using sponges because they are harder to keep bacteria-free.



Tip:
Using a disinfectant cleaner or a mixture of bleach and water on surfaces can provide some added protection against bacteria.

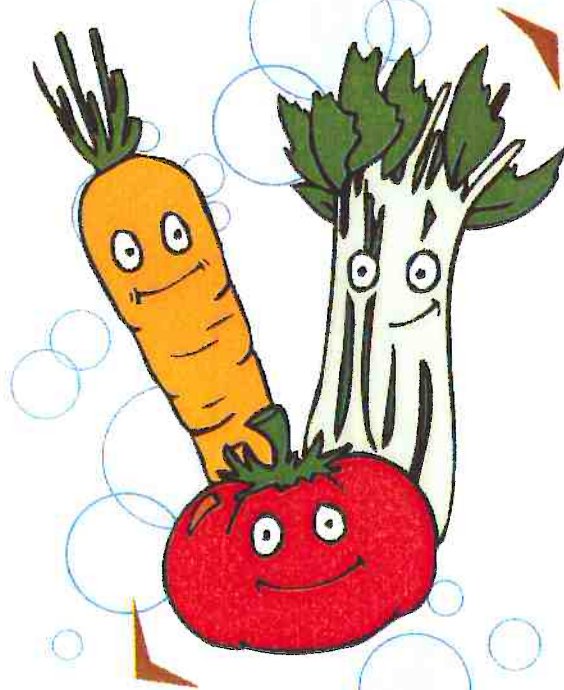
Scrub-a-dub:

Thoroughly wash fresh produce under running water to remove dirt and residue.

Scrub fruits and vegetables that have firm surfaces such as oranges, melons, potatoes and carrots.

Fight BAC!:

Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.



Tip:

When cooking, don't forget to wash and sanitize your food thermometer after each use -- even between testing different foods.
Wash out lunch boxes or bags every night.



BAC! Attack:

How long should you wash your hands in warm, soapy water to send bacteria down the drain?

- a. 5 seconds
- b. 10 seconds
- c. 15 seconds
- d. 20 seconds

Answer: d. 20 seconds

Remember you can't see, smell or taste bacteria, so keep it

CLEAN!

CANADIAN PARTNERSHIP FOR
CONSUMER FOOD SAFETY EDUCATION

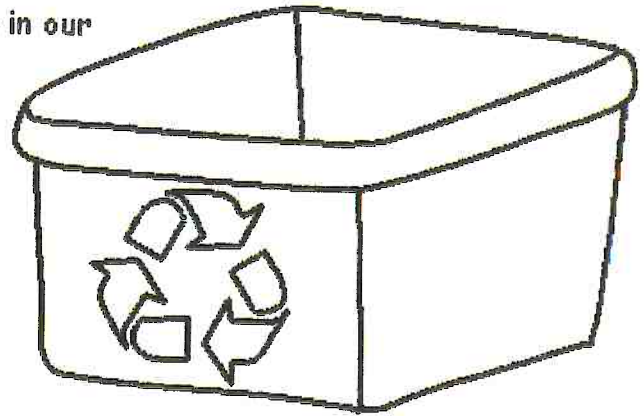


PARTENARIAT CANADIEN POUR
LA SALUBRIÉTÉ DES ALIMENTS

(613) 798-3042 www.canfightbac.org

Unscramble the letters to find the words in our

Earth Day Anagram



Hidden Word (circled letters):

environment

e@d u r c

reduce

e s u@r

reuse

b a t i h a t

habitat

l a i m a n

animal

e n e r g

green

a n c l e

clean

g o e y o l c

ecology

e y e c c r l

recycle

h e a r t

earth

v e e s r n o c

conserve

l a p n t

plant

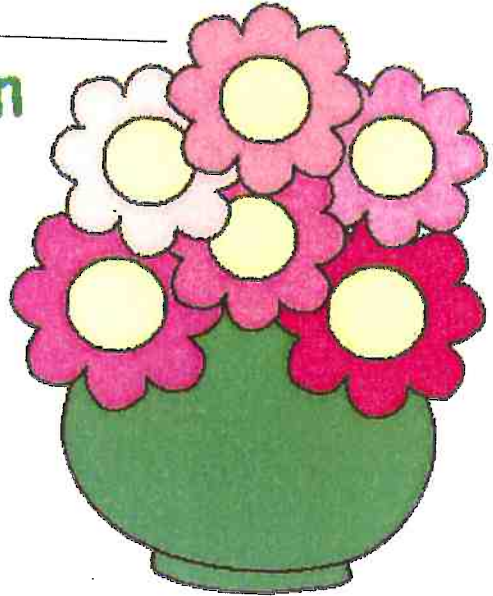
May Quiz

Submit your answers to the Newsletter box at the office or to one of the NewsMagazine members to win. The most correct answers wins, but in the 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 NewsMagazine. Entries must be submitted by May 19th. Good luck.

Name _____ Unit _____

Mother's Day Anagram

Hidden Word (circled letters):



v(e)lo _____

s(h)gu _____

esfl(o)r(w) _____

ee(m)awso _____

lateo(o)cch _____

ess(s)ki _____

eeera(t)bcl _____

Humour Me

Did I read that sign right?

Did I read that sign right?

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW

In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT

In a London department store:

BARGAIN BASEMENT UPSTAIRS

In an office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

In an office:

AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

Outside a secondhand shop:

WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window:

CLOSED DUE TO ILLNESS

Spotted in a safari park:(I sure hope so)

ELEPHANTS PLEASE STAY IN YOUR CAR

Seen during a conference:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR

Notice in a farmer's field:

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet:

IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS

On a repair shop door:

WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOES - 18-WORK)

Handy Hints

Energy efficient laundry saves \$\$\$\$\$, your clothes and the environment—

Program your wash- organize your wash to make the most of the programming facility on the machine. You will save time, money and energy. When sorting keep in mind the kind of fabric and how soiled your items are.

- **Temperature**

The hotter the water, the greater the cleaning power. Check the temperature against the needs of your clothing. Cotton and linen will stand hot temperatures while silk and wool will shrink in hot water. Use hot water only on heavily soiled items. Pre-soaking these items in a bucket or tub of hot water before washing will eliminate the need for a hot water wash.

- **Wash Time**

Delicate items made of silk and wool need only be washed for short periods of time in which case you may want to hand wash these items. Your gardening clothes or heavily soiled items may need a longer wash time.

- **Loading the Machine**

To be energy efficient, wash with the fullest load suitable for the fabric type. DO NOT OVERLOAD, however, as the items will not move freely, thereby making soil removal inefficient. Repeated overloading of the machine will also shorten the life the machine. Washing only a few items at a time is a waste of water, detergent and electricity and, of course, \$\$\$\$\$.

- **Clean the Lint Trap**

Cleaning the lint trap on the dryer after each load, allows the dryer to work more efficiently and dry your clothes better. The machine does not have to work as hard and therefore, the life of the machine is prolonged.

- **Detergents**

Using concentrates reduces the amount of chemicals released into the environment. The correct amount will cut down on waste. There are a number of environmentally detergents available now that have been proved safe for our waterways. Also, reduce the use of chlorine bleach and fabric softeners as they break down your fabrics and are unfriendly to the environment. *Green Works is an excellent detergent to use, and 1/4 cup of vinegar makes a great fabric softener (as well as helping clean the washer)*

TORONTO RECYCLES

Please put items in the bin loose and not bagged (except for shredded paper and plastic grocery & retail bags).

Rinse all containers to remove residue.

Cardboard cans

such as refrigerated dough, frozen juice, chip, nut, powdered drink mix and powdered cleanser containers. Put loose metal end inside cardboard can and pinch closed. Discard plastic pull-off strip and/or peel-off seal.

Plastic food jars, tubs & lids

such as margarine, yogurt, ice cream, cottage cheese and sour cream containers.

Plastic bottles & jugs

(with lids securely fastened).

Milk/Juice cartons.

Empty paint cans & lids.

Lids must be separated from the can.

Metal cans.

Put lid inside can and pinch closed.

Glass bottles & jars.

Remove and discard lids.

Rigid aluminum trays,

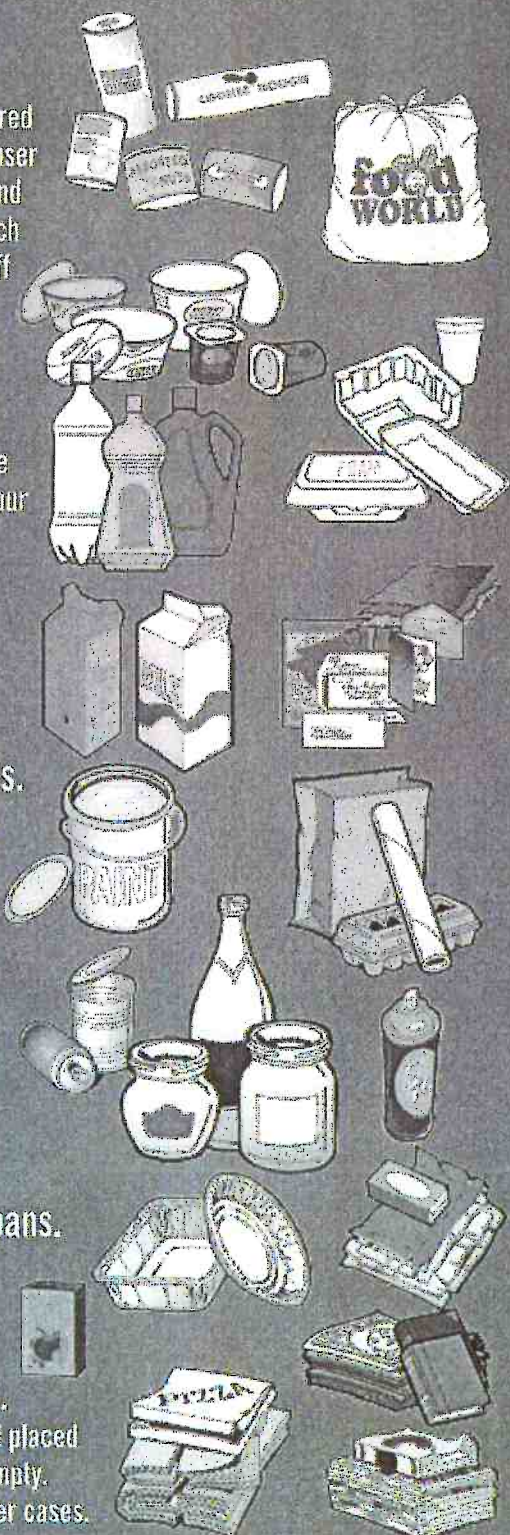
pie plates & roasting pans.

Drink boxes.

Remove and discard straws.

Corrugated cardboard.

Clean, unwaxed, flattened and placed in bin. Pizza boxes must be empty. Remove plastic from pop/water cases.



Plastic grocery & retail bags

without drawstrings, metal detailing or hard plastic handles. Remove receipts and put bags in one bag and tie handles closed.

Foam polystyrene

such as protective packaging, meat trays, takeout food containers, plates, egg cartons and coffee cups.

Household paper.

Includes junk mail, writing paper, computer paper, flyers and envelopes. Shredded paper only -- put in clear plastic bag and tie closed.

Paper gift wrap & cards.

Remove ribbons and bows.

Paper egg cartons, rolls & bags.

Empty aerosol cans.

Remove and discard caps.

Boxboard boxes

such as cardboard, cereal, tissue and detergent boxes. Remove liners, plastic windows and flatten boxes.

Newspapers, magazines, catalogues, telephone directories, books

(soft & hard cover). Plastic covers removed.



hazardous waste:

gas cylinders, batteries. (Must not be put in garbage. Take to Drop-off Depot.)

plastic: toys, make-up jars, caulking tubes, food storage containers, pails with metal handles, motor oil jugs, plant trays, flower pots, CD/DVD cases, plates, glasses, cutlery, packing peanuts (i.e. popcorn)

plastic (clear): egg cartons, fruit and vegetable containers, takeout food containers, molded bakery item trays

plastic (bags/wrap): plastic over wrap (on pop cartons, water bottles, toilet paper, etc.), bags holding flyers, dry cleaning, milk (outer and inner), produce, bread, sandwich and plastic food wrap

glass: drinking glasses, dishes, cups, crystal, window glass, light bulbs, mirrors, pottery, pots and pans, make-up jars

metal: coat hangers, pots

aluminum: foil food wrap, potato chip bags, metallic gift wrap

fibres: tissues, waxed paper, foil gift wrap, waxed cardboard

Note: Some of these items can be recycled at a Drop-off Depot or a Community Environment Day event.

Recycling guide



These items are **RECYCLABLE**. Place items in recycling bin at your building.
Rinse all containers to remove residue.

Beverage containers

Rinse clean and recycle:

- plastic bottles & jugs (with lids securely attached)
- milk/juice cartons & juice boxes (straws discarded in garbage)
- glass bottles & jars (lids discarded in garbage)
- metal cans (lid inside can and pinched closed)
- foam polystyrene drinking cups and coffee cups

PLASTIC bottles
- lids **ON**
GLASS bottles
- lids **DISCARDED**



X No milk bags, plastic or paper cups (takeout coffee or soft drink type) or drinking glasses.

Food containers

Rinse clean and recycle:

- plastic food jars, tubs & lids such as margarine, yogurt, ice cream and sour cream containers
- metal cans (place lid inside can & pinch closed)
- glass food jars (lids discarded in garbage)
- foam polystyrene egg cartons, meat trays & takeout food containers
- boxboard and corrugated cardboard (e.g. cereal boxes, pizza boxes - must be empty)
- aluminum rigid trays & pie plates
- cardboard cans used for frozen juice, refrigerated dough, chips, nuts and powdered drink mix (remove and discard the plastic pull-off strip and/or peel-off seal; place metal ends inside cardboard can and pinch it closed)

PLASTIC containers
- lids **ON**
GLASS containers
- lids **DISCARDED**



X No plastic or foil wrap, snack food bags, waxed paper, rigid clear plastic products such as plates, glasses, cutlery, moulded plastic bakery/fruit trays and clear egg cartons.



Other household items

Please recycle these items:

- ALL items that are not contaminated with food or chemicals and are 100% paper such as paper bags and rolls, junk mail, writing/computer paper, envelopes (including window envelopes), paper gift wrap & cards (ribbons & bows discarded), newspapers, flyers, telephone directories, magazines, catalogues & books (soft & hard cover)
- corrugated cardboard (flattened, remove plastic over-wrap from pop/water cases)
- plastic bottles (lids and sprayers attached)
- empty paint cans & lids (separate lids from cans)
- empty aerosol cans (lids discarded in garbage)
- plastic retail and grocery store shopping bags without drawstrings, metal detailing or hard plastic handles. (Remove receipts). Place all plastic bags in one retail or grocery plastic bag and tie handles together.
- foam polystyrene protective packaging

PLASTIC bottles
- lids and
sprayers **ON**



X No packing peanuts, tissues, foil gift wrap, waxed cardboard, toys, make-up jars, caulking tubes, motor oil jugs, light bulbs, dishes, cups, crystal, window/mirror glass, pottery, pots and pans, coat hangers and batteries.

For more info - 21 -bn, visit toronto.ca/recycle or call 311.

Did you know?

Recycled glass can be made into fiberglass insulation
or
added to highway paint to make it reflective.

Did you know?

The energy saved by recycling your average glass bottle could
power a 60 watt bulb for 2 hours or a television for 20 minutes.

Did you know?

Each bottle of recycled glass saves 315
kilograms of carbon dioxide.

SUDOKU

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

Answers on page [12](#)



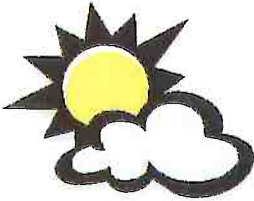
Spring Gardening...

Mid-May

- ❖ Divide overgrown clumps of iris, daylilies and phlox, before stems and leaves are 3 inches high.
- ❖ Fertilize roses and perennials.
- ❖ Spread aged manure or garden compost over vegetable beds and turn soil when it is drained and workable.
- ❖ Remove seedpods and feed tulips and daffodils with perennial fertilizer when their flowers are finished.
- ❖ Patch bare areas of lawn with grass seed, covering the seed with peat moss and keeping it wet until germination.
- ❖ Buy plant stakes and set peony frames in place before stems are extended.



Reminder:





Acclimatize indoor seedlings before planting in the garden.

When danger of frost is past (late May), put seedlings outside in shade for 1 hour each day for 4 days.

Then move them into brighter light for 2 hours each day for 4 or more days.

Early June

- ❖ Set out heat-loving tomato  and basil  seedlings when soil is warmed.





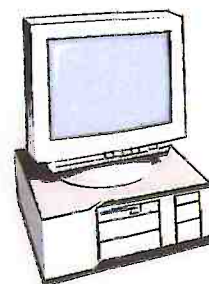
COMMUNITY ENVIRONMENTAL DAY

SATURDAY, MAY 15TH - 10:00 A.M. TO 2:00 P.M.

W.A. PORTER COLLEGIATE

40 FAIRFAX CRES. (NORTH OF ST. CLAIR, WEST OF WARDEN)

Reuse, Recycle and Safely Dispose!



Drop off for recycling or proper disposal:

- Computer Equipment (e.g., desktops, laptops, hand-held portables, monitors, printing devices, etc.)
- Audio/Visual Equipment (e.g., telephones, cell phones, pda's and pagers, cameras, small TVs, radios, receivers, speakers, tuners, equalizers, turntables, projectors, recorders, DVD players and VCRs, etc.)
- Household Hazardous Waste (e.g., cleaning supplies and solvents, motor oil, paint, batteries, old/unused medication, mercury thermometers/thermostats, pesticides, fluorescent and compact fluorescent bulbs, propane tanks, etc.)

Items donated to local schools for reuse:

- Art supplies (e.g. pencils, markers, crayons, etc.)
- Buttons, keys, and collectors' coins and stamps
- Clipboards, corks and cork boards
- CDs and cases
- Costume jewellery including broken/old watches and clocks with hands
- Dress-up clothing (e.g. costumes, prom dresses, uniforms, etc.)
- Fabric pieces, yarn
 - Children's books

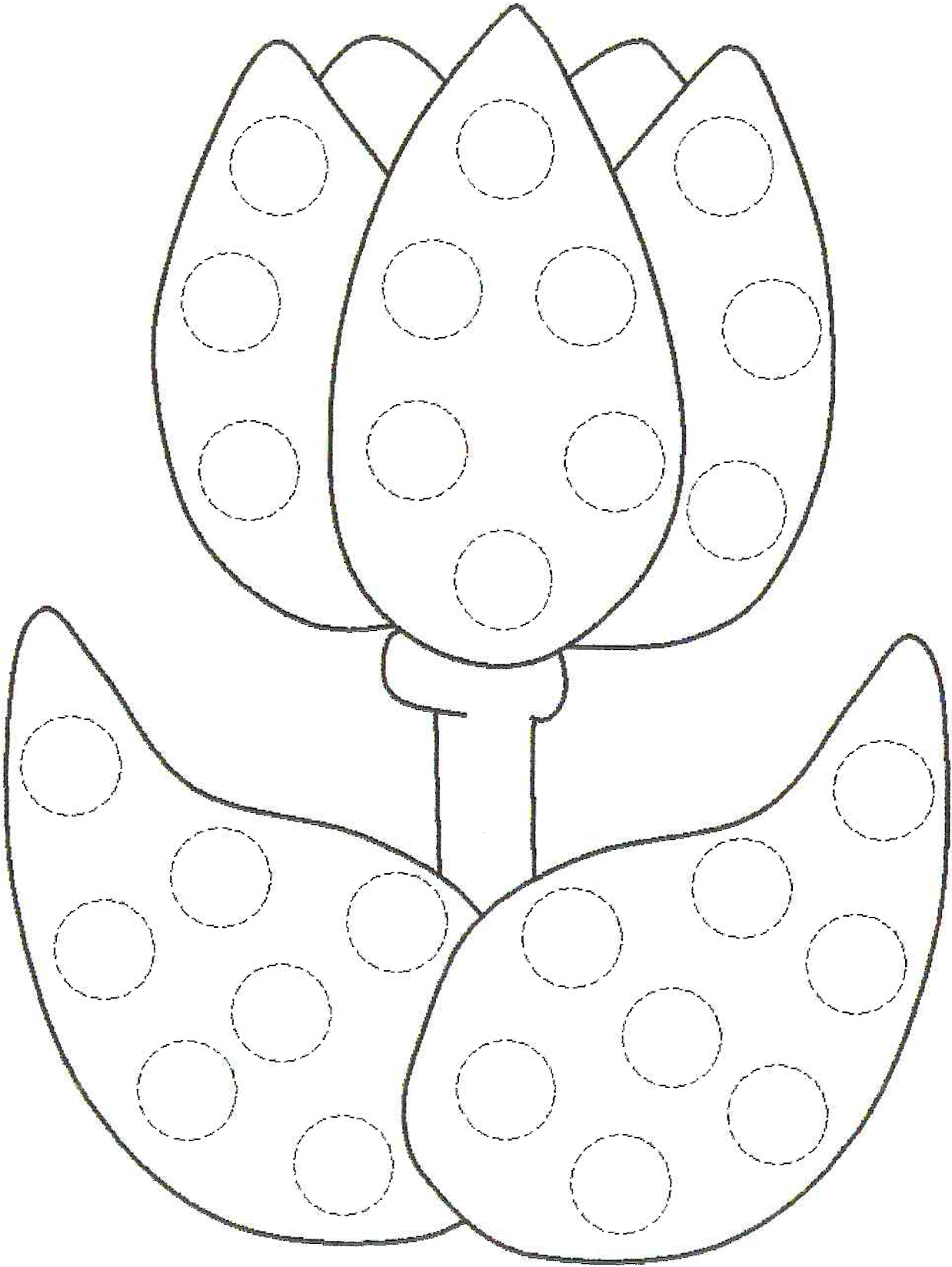


Items donated for reuse (please keep separate from others):

- Sporting goods (e.g. skates and jerseys)
- Medical equipment in good condition (e.g. eyeglasses, walking aids, hearing aids, etc.)
- Small household items (e.g. dishes, knick-knacks, ornaments, etc.)
- Textiles in good condition (e.g. clothing, linens, etc.)
- Non-perishable foods will be donated to a food bank
 - Books

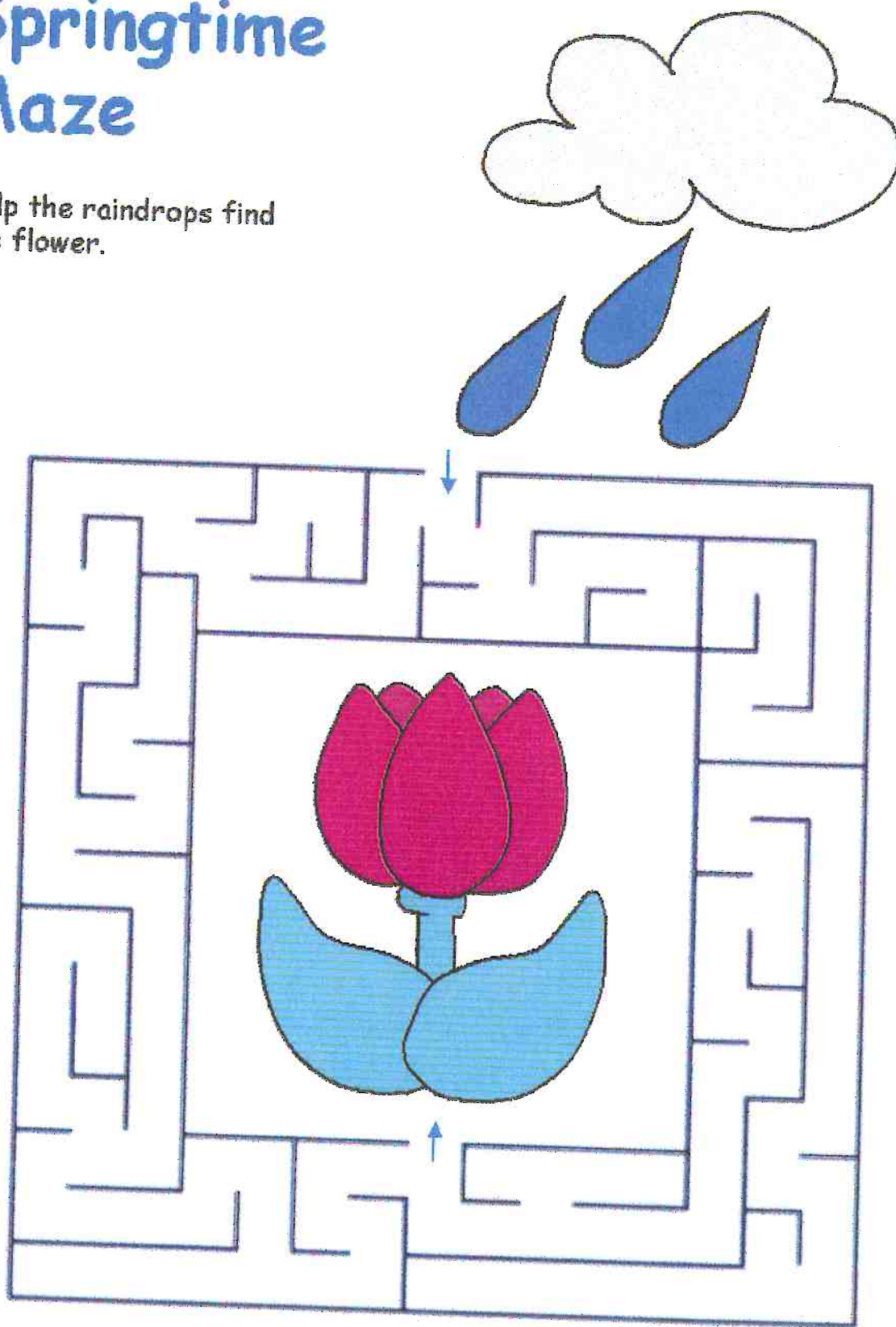
Please do NOT bring: garbage, gasoline, wood, cassettes and videotapes, or hazardous waste.

Note: Recycle plastic shopping bags, foam polystyrene, empty paint & aerosol cans in your blue bin.

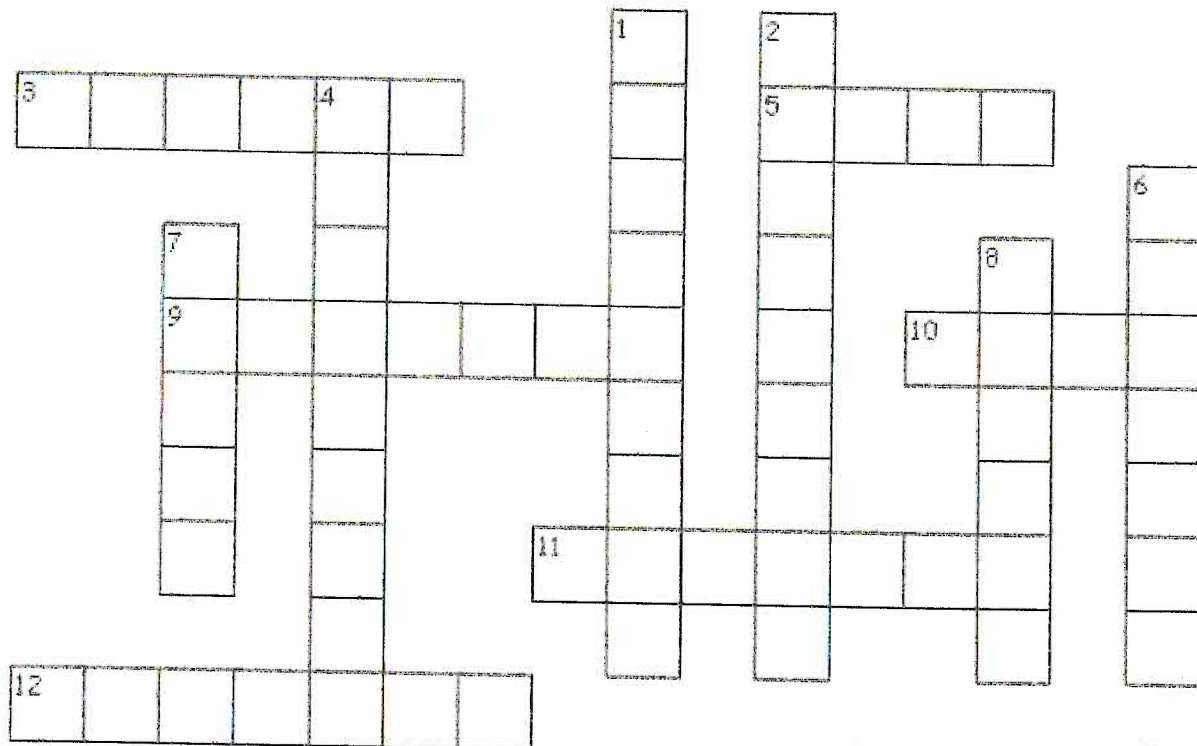


Springtime Maze

Help the raindrops find
the flower.



Mother's Day Crossword



Word List: awesome, brunch, candy, celebrate, chocolate, flowers, hugs, love, mother, nurture, present, wonderful

Across

3. Special meal between breakfast and lunch.
5. Tight squeeze.
9. Inspiring awe.
10. The feeling mom has for her children.
11. To help someone grow up.
12. A bouquet of these will make mom's day!

Down

1. Amazing or astonishing.
2. Mom's favourite cocoa indulgence.
4. To engage in festivities.
6. A gift.
7. Sweet treats.
8. The woman who loves you no matter what!



Mother's Day Word Search

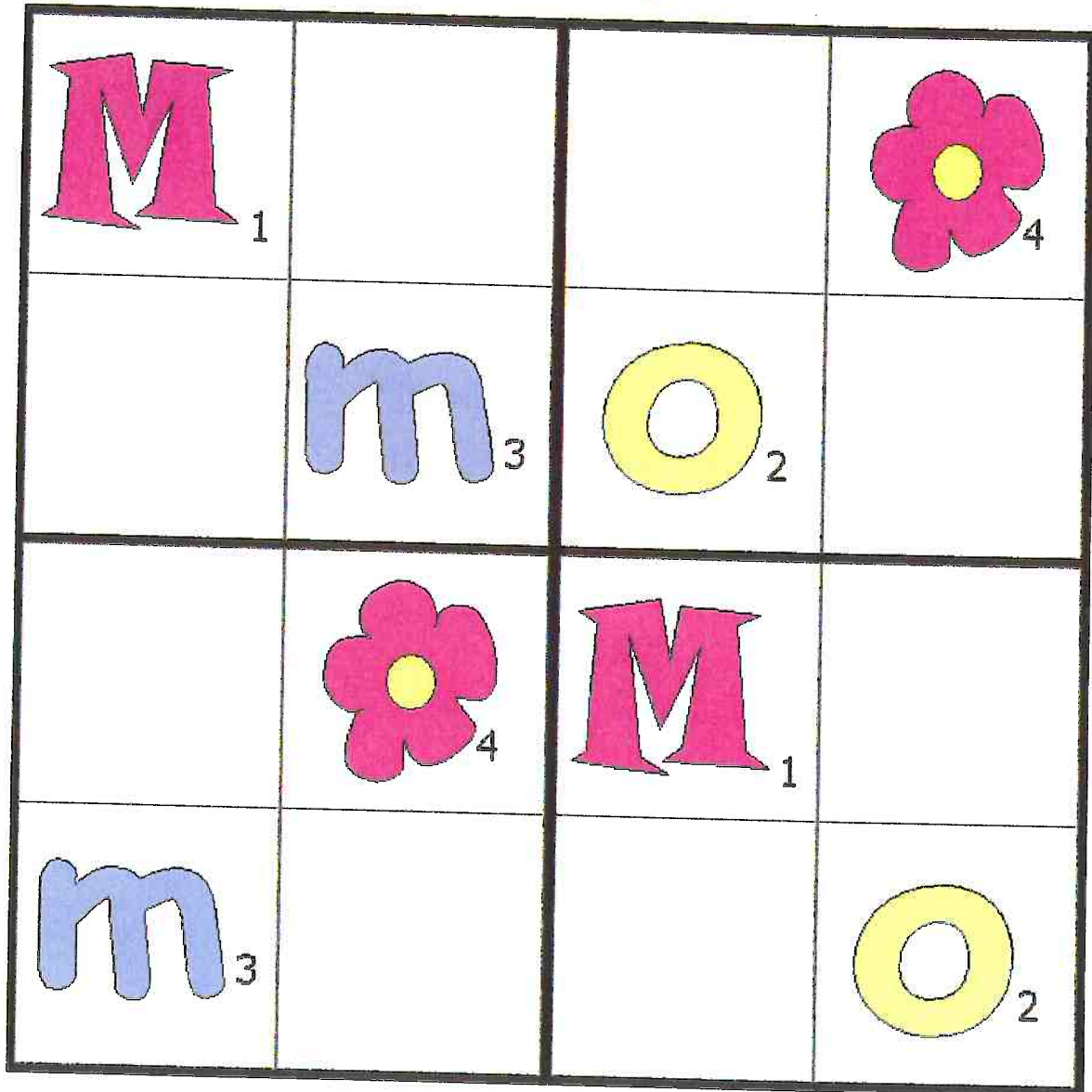
G L L O F B E F H C Z R Z L P
W N P J R P S X E A E E U U R
G M I U E T A L O C O H C F E
Z N N R Y W E D E L F T Z R S
A C I D U B E M O W Q O P E E
H L N V R T O L O N A M G D N
I A X A O S R H R H U G S N T
C I T L E L T U H Y W P G O L
Z E V W B G T E N O S V X W P
A B A F L O W E R S E S S I K

AWESOME
BRUNCH
CANDY
CELEBRATE
CHOCOLATE
FLOWERS
HUGS

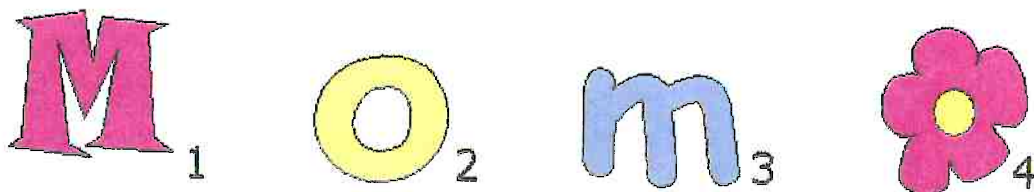


JEWELRY
KISSES
LOVING
MOTHER
NURTURING
PRESENT
WONDERFUL

Mother's Day Sudoku



Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



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

16 6 24 14 25 23 17 14 18 22 14 16 17 2 22 11 21 25 13

21 20 21 10 22 25 14 25 23 17 2 22 18 21 24 15 2 20 14 25 13 16

21 24 22 17 2 22 18 26 24 25 14 25 23 5 21 20 25

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! Aren Kareem, age 5, of unit 5E, is the winner of the children's quiz. We had a winner for the adult quiz, Gabriel Buchin of Unit 5B and an honorable mention goes to Shari Kiewel of Unit 2404 who only had one error. Too bad she couldn't spell "reuse". 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 May 19th. Good luck everyone.

Well Spring has finally arrived. The garden centers are open and Work Day is upon us. Work Day will be held on Sunday May 2nd. Hope to see a lot of you out there. If you are not one who likes to play outdoors, may I make a suggestion of how you could still participate?? How about doing an inside chore in your building. There are back hallways and stairs that need to be swept down and washed, laundry rooms that could use a thorough cleaning (move the machines and sweep behind them), railings and lights to clean, etc. I am sure every building has chores that need to be done and this is a good way and time to get them done. Not everyone has to be outdoors to help. I hope to be out and about catching, on film, those who are working. See you then!

Mother's Day is on May 10. A very happy Mother's Day to all mothers.

May is Osteoporosis month. Be good to your bones, they have to carry you for a lifetime.

Luci

