

# THURLESTONE NEWSMAGAZINE

May-June 2015



Thurlestone Flowers.

*Photos by Jewel*

Spring is a time of new beginnings. Winter has loosened his icy grip and let the green of spring come shining through.

Colour and fragrance permeate the air, heralding new life and new hope. The sun warms our hearts and energizes our souls.

All is new. Spring has arrived!

Spring is also when we recognize and celebrate our Mothers and Fathers, on their special days. So have a good day dear Mothers and Fathers.

Thank you to all those who helped and contributed articles and images!  
*From the NewsMagazine Committee*

Submissions are welcome.

Please deliver to the office newsletter mailbox or email to: [t-nm@live.ca](mailto:t-nm@live.ca) before June 12<sup>th</sup>.



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## Mission Statement

To promote Unity and Participation  
To Inform and Entertain

## Newsletter Committee

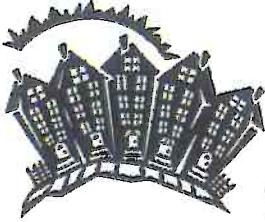
*Jewel Stephen  
Pat Gadicke  
Sophie Edwards*

# May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 - Bylaw Mtg 10 am	7 Membership Mtg 7:30 pm	8	9
10 <i>Happy Mother's Day</i>	11	12	13 - Bylaw Mtg 10 am - Finance Mtg. 7:00 pm	14	15	16
17	18 <i>Victoria Day</i>	19 Board Mtg 7:00 pm	20 - Bylaw Mtg 10 am	21 Membership Mtg 7:30pm	22 NewsMagazine 7:00 pm	23
24 31	25	26	27 - Bylaw Mtg 10 am	28	29 NewsMagazine 7:00 pm	30

# June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Membership Mtg 7:30 pm	5	6
	<i>Office Closed</i>					
7	8	9	10 - Bylaw Mtg 10 am	11	12 NewsMagazine 7:00 pm	13
14	15	16 Board Mtg 7:00 pm	17 - Bylaw Mtg 10 am - Finance Mtg. 7:00 pm	18 Membership Mtg 7:30pm <i>Ramadan</i>	19	20
21 <i>Father's Day Summer Solstice National Aboriginal Day</i>	22	23	24 - Bylaw Mtg 10 am <i>Saint Jean- Baptiste Day</i>	25	26 NewsMagazine 7:00 pm	27
28	29	30				



## THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9  
(416) 261-1110 (Phone) (416)261-4744 (Fax)

### MINUTES OF BOARD MEETING

March 31, 2015

Present: Teresa Simmons, Herman Schryer, Mike Burke, Denise Macdonald, Diane Hogan, Deb Brown, Krys Wells, Sophie Edwards, Shula Yemane

Regrets: Laura Parsons

Recording Secretary: Denise Macdonald

Chairperson: President Teresa Simmons

1. 7:08 pm - Call to Order
2. Approval of Agenda:  
1<sup>st</sup> by Deb, 2<sup>nd</sup> Mike, All in Favour.
3. Approval of Minutes February 26, 2015:  
1<sup>st</sup> by Teresa, 2<sup>nd</sup> by Denise, Carried.
4. Business arising from Minutes February 26, 2015: none
5. Confidential Section – See Confidential Section

#### 6.1 Administrative Update

- a) Insurance response to claim for water main break -NO
- b) ½ day vacation April 10<sup>th</sup>/15 approved for Diana, 1<sup>st</sup> Herman, 2<sup>nd</sup> Deb, All in favour
- c) Time sheet = FYI

#### 6.2 Maintenance Update

- a) Elevator issues – Diana to look into further
- b) Unit 2211 – new stove, 1<sup>st</sup> Teresa, 2<sup>nd</sup> Deb, All in favour
- c) 3B & 2D new hot water tanks 1<sup>st</sup> Teresa, 2<sup>nd</sup> Herman, All in favour.
- d) & e) Approval of bills for water main clean up expense

**7. Term Appointments**

September 2015 – Herman Schryer  
September 2016 - Shula Yemane

**8. Playground**

Selection of a play unit was decided and will be sent to Agency for Approval and references.  
1<sup>st</sup> Sophie, 2<sup>nd</sup> Deb, Carried

**9. Committee Reports**

- a) Membership Committee- Information has been given to the Committee
- b) By-Law Committee, more members joined, meeting every Wednesday
- c) Unit Inspection Committee – now has 6 members

**10. New Business**

None

11. Next meeting April 28, 2015,

**9:35 Meeting Adjourned**

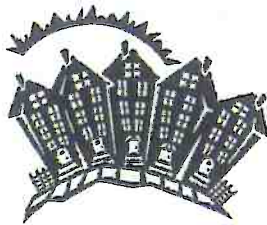
Motion to adjourn the meeting, 1st Denise, 2nd Herman, All in Favour.

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Teresa Simmons, Chairperson

---

Denise Macdonald, Secretary



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22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9  
(416) 261-1110 (Phone) (416)261-4744 (Fax)

### MINUTES OF BOARD MEETING

March 10, 2015

Present: Teresa Simmons, Herman Schryer, Mike Burke, Denise Macdonald, Diane Hogan, Laura Parsons, Deb Brown, Krys Wells

Arriving late 7:52pm Sophie Edwards,

Recording Secretary: Denise Macdonald

Chairperson: President Teresa Simmons

1. 7:08 pm - Call to Order
2. Approval of Agenda:  
1<sup>st</sup> by Denise, 2<sup>nd</sup> Laura, Carried.
3. Approval of Minutes February 26, 2015:  
1st by Teresa, 2nd by Laura, Carried.
4. Business arising from Minutes February 26, 2015: none
5. Confidential Section – See Confidential Section

#### 6.1 Administrative Update

- a) Insurance Premiums will go up \$43.00 per year to include playground insurance once installed
- b) There is no money in the budget to send delegates to the Annual AGM being held in PEI this year

#### 6.2 Maintenance Update

- a) CMS Building Consultants to oversee recoating of 2 Folcroft,  
1<sup>st</sup> Herman, 2<sup>nd</sup> Sophie, carried
- b) FYI

- c) Elevator problems, 2 Folcroft, we have a contract with ThyssenKrupp that any issues at any time are covered, makes key holder feel better about calling no matter what time day or night when there is an issue.

7. Draft Operating Budget and Capital Budget for June 1<sup>st</sup>, 2015-May 31, 2016

Approval of Operating and Capital Budgets: 1<sup>st</sup> by Denise, 2<sup>nd</sup> by Teresa, all in favour

8. Water Main Project

Information package on known costs for broken water main repair at 2 Folcroft are as follows:

Brady & Seidner Invoice #J005840 \$37,329.61	}	
Brady & Seidner Invoice Quote \$3,750.00	}	1 <sup>st</sup> Teresa, 2 <sup>nd</sup> Mike, all in favour
Dome Services Group Invoice #971 \$2,293.00	}	

9. Committee Reports

- a) Membership Committee Update to bring Board members up to date
- b) By-Law Committee, FYI
- c) Playground Committee may announce playground equipment choice at GMM

10. New Business

Approval of Date for GMM on March 25<sup>th</sup>, 2015: 1<sup>st</sup> Teresa, 2<sup>nd</sup> Mike, all in favour  
Approval of Agenda as amended for GMM – March 25<sup>th</sup>, 2015: 1<sup>st</sup> Teresa, 2<sup>nd</sup> Mike, all in favour

11. Next meeting March 31, 2015,

12. 10:45 pm: Meeting Adjourned

Motion to adjourn the meeting, 1<sup>st</sup> Denise, 2<sup>nd</sup> Herman, All in Favour.

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Teresa Simmons, Chairperson

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Denise Macdonald, Secretary



## CO-OPERATIVE YOUNG LEADERS

# You lead the way.

Co-operative Young leaders (CYL) is a summer experience unlike any other. This week-long camp brings together young people from co-ops all across Ontario. The week spent on Lake St. George may be fun and relaxing, but our co-op youth return home with new skills. Leadership and communication are taught using co-operative exercises. And it's FREE!

Every summer, co-ops and credit unions sponsor 200 co-op youth to attend the camp as a CYL intern. Since it began in 1967, almost 3,000 young people have benefitted from this program, run by the Ontario Co-operative Association (On Co-op). CYL is for co-op youth between the ages of 14-18. Each weekly session is for a different age group. It is held at the Lake St. George Field Centre in Richmond Hill.

For more information about CYL, check out the website: <http://ontario.coop> and click on Co-operative Young Leaders.



### Housing Co-op CYL Sponsorships

Each year, housing co-op organizations provide sponsorships to cover the CYL session fees for teens living in co-ops in different regions of Ontario. The 2015 sponsors are:

- CHF Canada's Ontario Region – across Ontario
- CHASEO (Co-op Housing Association of Eastern Ontario) – Ottawa and Eastern Ontario regions
- CHFT (Co-op Housing Federation of Toronto) – Toronto and York regions
- COCHF (Central Ontario Co-op Housing Federation) – Waterloo, Guelph, Brantford region
- GHCHF (Golden Horseshoe Co-op Housing Federation) – Hamilton and Niagara regions
- PHCHF (Peel Halton Co-op Housing Federation) – Peel, Halton and Dufferin County regions
- The 2015 Staff Education Forum – across Ontario

To apply, complete the CYL application. The five federations listed above will select youth living in a co-op in their region. The remaining applications will be considered by the Ontario Region for the remaining scholarships.

### Your CYL attendance and internship

In exchange for your sponsorship, you will be responsible during the year for activities to build on your leadership skills. Once you are selected, your sponsor will speak with you about this before you register for your session and have you sign an agreement. Your activities could include:

- Create a promotional video or poster
- Make a presentation at your housing co-op, or a co-op event in your region
- Make a presentation at your school
- Volunteer at your co-op
- Write a blog
- Come up with your own ideas





# CYL INTERNSHIP APPLICATION

### Deadline

Mail, fax or email (scan and email) this sponsorship application by **May 10, 2015** to  
 CHF Canada's Ontario Region  
 313-720 Spadina Avenue  
 Toronto ON M5S 2T9  
 Fax 416-366-3876  
 Email: mchowdhury@chfcanada.coop

### Cost

The registration fee will be paid by the supporting federation (CHF Canada or your local federation). Transportation to the CYL camp will be your responsibility.

### Camp

Please indicate which 2015 CYL session you want to attend:

- Junior A – Ages 14–15 ..... July 5–10
- Junior B – Ages 14–15 ..... July 12–17
- Inter. A – Junior grads or ages 16–17 ..... July 18–25
- Inter. B – Junior grads or ages 16–17 ..... July 25–August 1
- Senior A – Intermediate grads or ages 17–18 ..... August 1–8
- Senior B – Intermediate grads or ages 17–18 ..... August 8–15

### Your information

Your name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_  
STREET CITY POSTAL CODE

Phone no. \_\_\_\_\_ Email: \_\_\_\_\_

What co-op do you live at? \_\_\_\_\_

Your signature: \_\_\_\_\_

Name of parent (guardian): \_\_\_\_\_

Signature of parent (guardian): \_\_\_\_\_

*Note: This is a sponsorship application only—it is not an application to CYL. You will complete the CYL Application online if you are awarded a sponsorship.*

### Your internship

What activities would you like to do as part of your internship when you return from your CYL session? (If you are selected, we will contact you to make a final decision.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**"Co-operative Young Leaders should be officially changed to Changes Your Life. I made a whole new family here this summer." CYL participant 2012**







# Your first step to awesome

TEENS  
14-18  
YEARS

## CO-OP TEENS!

We want to sponsor YOU to attend a Co-op Young Leaders (CYL) session this summer:

- Spend a week on Lake St. George
- Meet other youth from co-ops across Ontario
- Build your leadership skills
- It's free and it's fun!

To apply, see your housing co-op office or the Ontario Region page of [chfcanada.coop](http://chfcanada.coop).



CO-OPERATIVE YOUNG LEADERS

Thinking forward. Leading now.





Rooftops Canada  
Abri international

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info@rooftops.ca  
www.rooftops.ca www.abri.ca

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

MAR 25 2015

March 19, 2015

**Dear Friend of Rooftops Canada:**

On behalf of Rooftops Canada and our partner organizations in Africa, I want to thank you sincerely for your recent donation of \$ 100.00. Your generous support has not only helped us to make decent housing a reality for thousands of families living in vulnerable communities, it has also ensured that our partner organizations can develop their capacity to provide future support to other families. I am currently visiting with our partners in Kenya, Tanzania, South Africa and Zimbabwe and I have personally seen the impact that you and other generous donors have had. It is truly inspiring.



Mushawedu housing co-op member inside their new home in Harare

This year, Rooftops Canada is celebrating its 30<sup>th</sup> anniversary in helping its partners in Tanzania, Kenya, Zimbabwe, South Africa and many other countries around the world. We have made some strides in making it possible for families to fulfil the dream of owning their own homes. The experience of the co-op member family in East Harare, Zimbabwe is one such example. By saving from their own resources, this family was able to acquire a microfinance loan and move out of a slum environment and into a new home. The first stage of a new home can cost as little as \$5,000 and each house can be built in incremental stages to be expanded as families continue to grow and prosper.

With your support, a very remarkable group of people in Mushawedu Housing Co-op has been making history in Zimbabwe. Each of the 100 or so member families has at least one person living with disabilities. All have faced terrible stigma and discrimination both in the communities from which they came and also in the place where they have settled. But now unkind words and deeds are gradually being replaced with respect. The group has become known locally as the "red roofs" because of the roof sheets on the 95 core houses they have built. The co-op recently installed its own borehole to provide clean and safe drinking water which is also sold to surrounding residents. Everyone has a garden! Mushawedu, is one of three co-ops benefitting from the Building Homes, Building lives funding campaign. These new developments would not be possible without donors like you.



Thank you for your generous and continuing support!

Yours sincerely,

**Barry Pinsky**  
Executive Director, Rooftops Canada

# WHAT GOES IN THE BLUE BIN?

## Recycling tips

- Remove food and liquids.
- Put items in the Blue Bin **loose** and not bagged (except for plastic bags and shredded paper).
- Remove plastic covers and over-wrap from newspapers, flyers, magazines, catalogues and pop/water cases. Put plastic covers and over-wrap in garbage.



## RECYCLING - YES



### Beverage and food containers

Rinse clean and recycle

- Clear plastic food containers (e.g. fruit, vegetables, salad, eggs, bakery items, takeout; with or without hinged lids)
- Disposable plastic plates and cups (clear or coloured)
- Plastic bottles, jugs (lids screwed on tight)
- Milk/juice cartons and boxes (put straws in garbage)
- Glass bottles and jars (put lids in garbage)
- Aluminum cans
- Plastic food jars, tubs and lids
- Metal cans (place lid inside can and pinch closed)
- Cardboard cans (e.g. frozen juice, refrigerated dough, chips, nuts, powdered drink mix - put plastic pull-off strips in garbage; place metal ends inside cardboard can and pinch closed)
- Aluminum trays, burner liners, pie plates and roasting pans



Note: Black plastic items cannot be recycled (put in garbage)



### Home and personal product containers

Rinse clean and recycle

- Plastic bottles (lids and sprayers screwed on tight)
- Plastic kitty litter tubs with plastic handles
- Plastic laundry detergent tubs and lids
- Aerosol cans (empty; put caps in garbage)
- Metal paint cans (empty; separate lids from cans)
- Clear compact disk cases (empty)



### Foam polystyrene and plastic retail shopping bags

Rinse clean and recycle

- Foam food and protective packaging (e.g. drinking cups, egg cartons, meat trays, takeout food containers, electronics packaging)
- Plastic grocery and retail 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)



### Paper

Not contaminated with food or chemicals

- Bags, rolls, junk mail, writing/computer paper, envelopes, window envelopes
- Shredded paper (put in clear plastic bag and tie closed)
- Gift wrap, cards (no ribbons, bows, foil wrap)
- Newspapers, flyers, telephone directories, magazines, catalogues, soft/hardcover books (remove plastic covers, liners, over-wrap and put in garbage)
- Boxboard boxes (e.g. cereal, tissue, detergent - flatten; remove liners, plastic windows and put in garbage)
- Corrugated cardboard (clean, unwaxed, flattened; pizza boxes must be empty; remove plastic over-wrap from pop/water cases and put in garbage)



# WHAT GOES IN THE GREEN BIN?

- Do not use biodegradable bags.
- Twist or loosely tie the plastic bag (no twist ties).
- Take food items out of their plastic bags/wraps; too much plastic causes problems.

**Green Bin Tip:**

## YES ✓

- Fruits, vegetables
- Meat, poultry, fish products
- Pasta, bread, cereals, rice
- Dairy products, eggs and shells
- Coffee grounds/filters, tea bags
- Cake, cookies, candy
- Diapers, sanitary products
- Animal waste, bedding, cat litter
- House plants, including soil
- Paper – soiled
- Food packaging, ice cream containers, popcorn, flour and sugar bags
- Tissues, napkins, paper towels (not soiled with chemicals such as cleaning products)



## NO X

### Packaging

- Plastic or foil bags/wraps/trays
- Outer packaging
- Foam polystyrene meat trays and liners
- Plastic food containers, glass jars, pop cans
- Hot drink cups, lids, sleeves

### Garbage

- Dryer sheets, baby wipes, make-up pads, dental floss, cotton tipped swabs
- Hair, pet fur, feathers, wax, wood pieces, vacuum bags/contents, fireplace and BBQ ashes



Food item goes in Green Bin, wrap goes in garbage.

### Curbside collection

- Line either your kitchen container or Green Bin. Do not line both.
- Use either a plastic bag or kraft paper bag to line either container.
- Excess material? Put non-food waste (e.g. tissues, diapers, animal waste) in a clear plastic bag beside your Green Bin.

### More Tips

### Multi-residential collection (if applicable)

- Line your kitchen container with a plastic bag.
- Take bag to your building's Green Bin.



## **SPRING CLEAN UP**

Saturday any time of the day – May 02, 2015

Sunday May 03, 2015 at 10 A.M.

This includes interior of the buildings

**Back stairs**

**Railings**

**Windows**

**Etc.**

**Lunch served Sunday May 03 in the Folcroft meeting  
Room at 12 P.M. (RAIN OR SHINE)**



## FEEDBACK



### WE NEED YOUR HELP!

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

You can also help by delivering the NewsMagazine to the Folcroft location.

Contributions can be submitted to the Co-op office or email us at: [t-nm@live.ca](mailto:t-nm@live.ca)



Adi Yemane

2 C

**DEADLINE** for submission of answers to this issue's contest is May 29<sup>th</sup>. We didn't have winners on the previous contest.

### FRIENDLY REMINDER

Just a reminder for members who walk their dogs on extended leashes, to take care when near our beautiful flowers and gardens. Urine can be very detrimental to tender plants and surrounding areas.



## Expert tips on container gardening

By Carol Cowan. Photography by Joe Kim/TC Media

### Learn from the pros and create gorgeous mini-gardens in pots.

The word "garden" is being redefined. If it's your sanctuary and the place where, hands in dirt, you commune with nature, it's a garden. This might mean five acres in the country or a tiny urban oasis, the deck off the family room, a balcony in the sky or merely a stunning urn by the front door.

Perhaps the fastest-growing area in the gardening world is that of container gardening. At a recent workshop hosted by Plant World, a garden centre in Toronto's west end, and led by senior manager Paul Zammit, a group of garden writers experienced this evolving and increasingly sophisticated art form. As a result, a spiky dracaena surrounded by a couple of geraniums will never again suffice, at least not in my containers.

Here's how you can create your own traffic-stopping designs.

#### Prep work

Before creating your masterpiece, Paul Zammit recommends the following:

1. Change the potting mix every year. By the time the season is over, all nutrients in the mixture will have been used up. Recycle used potting soil in your compost or work it into existing flower beds.
2. First water all plants in their cell packs or store-bought pots.
3. Leave five to eight centimetres between the top of the soil and the rim of the container to allow water to slowly penetrate the root system rather than run off the surface.

#### Like meets Like

Think about where the container will be placed and select plants that require similar growing conditions (such as full sun or shade, moist or dry soil, sheltered or not), yet have different growth habits and bloom times. For high-traffic areas, consider adding fragrant foliage plants such as lavender, thyme and rosemary.

#### Thrillers, fillers and spillers

These three words, coined by garden designer Steve Silk, capture the essence of good container design. In the artful container, anything goes.

Foliage only, or a mix of annuals, perennials, shrubs, herbs, summer bulbs, ornamental grasses, small evergreens, vines and tropical plants are all appropriate. It's entirely your choice.

**Thrillers:** the tall, upright, eye-catcher placed either in the centre or off-centre in the container; plant it first. For a tropical look, try taro (*Colocasia* spp.), elephant's ear (*Alocasia esculenta*), cannas, papyrus (*Cyperus papyrus*), banana plants (*Musa x paradisiaca* ssp. *sapientum*) or a tall ornamental grass.

**Fillers:** take up mid-ground space without distracting from the thriller. Begonias, lantanas, coleus, salvias, parsley, low-growing grasses and numerous other foliage and flowering plants fall into this category.

**Spillers:** plants that flow over the edges of containers: sweet potato vines (*Ipomoea batatas*), ivies, trailing geraniums and petunias, *Bidens ferulifolia* and no doubt many more discoveries you'll make at your local garden centre.

Try using roses, a small Japanese maple, an azalea standard or your favourite shrub or evergreen as the star of



your container. In the fall, remove perennials, trees and shrubs from containers and plant them in the garden three to six weeks before the ground freezes.

### Surprise factor

One of the tricks of great container design is to plant a few specimens that will strut their stuff in August and September just as everything else is starting to look a tad weary. This is where summer bulbs come into their element.

Plant bulbs (at the depth recommended on packaging) before adding any other goodies. Then wait for the oohs and aahs as the flowers emerge in mid- to late summer.

### Five favourites

**ORIENTAL LILIES** midsummer blooms

**GLADIOLUS CALLIANTHUS** tall, fragrant, white flowers with chocolate brown centres; late summer blooms

**PINEAPPLE LILIES** (*Eucomis* spp.) midsummer blooms

**THREE-LEAFED CLOVER** (*Oxalis regnellii* has green foliage, while *O. triangularis* has dark purple) won't stop blooming until first frost

**SPIDER LILIES** (*Hymenocallis* cvs.) with their insect-like white flowers; midsummer blooms



### Paul's maintenance

1. Never use topsoil or garden soil in containers. In general, all planting mixes should be porous and free-draining. Potting soil is your best bet.
2. Place a piece of screening over the drainage hole(s) on the inside of pots to keep out insects such as earwigs and slugs.
3. If you're a forgetful waterer, add a coir-based product such as SoilSponge to hold in moisture and extend the time between waterings. This particularly applies to containers exposed to hot, direct sunlight and those placed in windy locations.
4. Because containers need frequent watering, which leaches nutrients from the root zone, regular fertilizing-preferably with an all-purpose, water-soluble product-is necessary. Follow manufacturer's directions, as more is not necessarily better. If you plant herbs and vegetables along with flowers and foliage plants, use an organic fertilizer, such as fish emulsion.
5. Deadhead all flowering plants on a regular basis to promote additional blooms; pinch back foliage plants to encourage bushier, more compact growth.
6. Check containers daily-twice daily during extreme periods of heat. Water thoroughly, but only when soil feels dry to the touch two to three centimetres below the surface. It's best to water in the morning.



## Building Happiness

Reader's Digest - Kate Allen 2015-04-08

Some people seem to have permanently sunny outlooks, while others never stop complaining. Naturally, scientists have asked why.

In a famous 1996 study, University of Minnesota researchers David Lykken and Auke Tellegen analyzed well-being questionnaires answered by 254 twins over a 10-year period. They found that identical twins' happiness was much more closely paired over time than that of fraternal twins. In a smaller sample of twins separated in infancy and reared apart' removing the influence of a shared environment' the effect was slightly more pronounced.

The authors went on to calculate that about 50 per cent of happiness is genetic. The scientific community is still arguing about the exact numbers, but the basic finding is widely accepted. If a large part of happiness is inherited, does that mean the rest can be acquired by upgrading your job, your house or where you live?

Decades of research support the theory of hedonic adaptation, sometimes called the 'happiness treadmill': after negative and positive life changes, individuals tend to revert to a baseline level of well-being. One study published in 2011 examined 3,658 Germans who moved into new houses because they were frustrated with their old ones. Housing satisfaction generally rose in the first year and then began falling, though remained higher than before the move. But life satisfaction remained unchanged.

Other studies have found that spikes in well-being after marriage or a job promotion tend to fade within months. On the flip side, even after traumatic changes like widowhood, disability and job loss, happiness levels usually trend upward again (albeit slowly and with more variability).

In other words, chasing material life changes doesn't offer much joy. Does that mean happiness is out of our control? Not at all, says Sonja Lyubomirsky, a psychology professor at the University of California, Riverside and the author of *The Myths of Happiness*.

After conducting a 2009 review of 51 'happiness interventions' including writing letters of gratitude, counting one's blessings and practising random acts of kindness'.

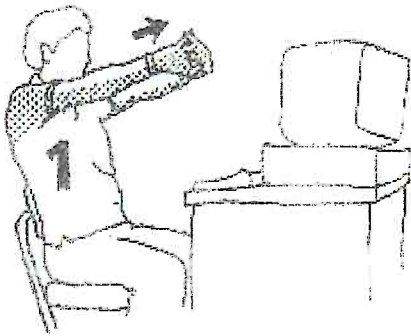
Lyubomirsky and her co-author, Nancy L. Sin, found that these simple activities had a significant effect on well-being. In addition, savouring positive experiences tended to increase appreciation of them.

'Happiness is not something where you either have it or you don't. You definitely can do something about it,' says Lyubomirsky.

# Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



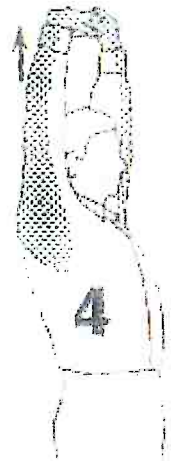
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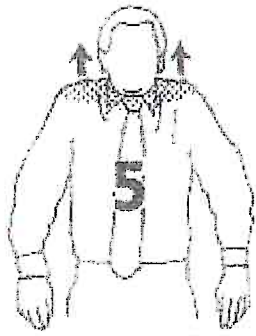
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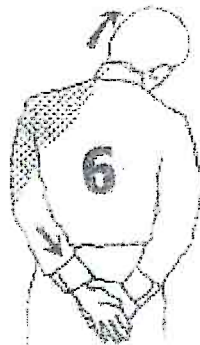
8-10 seconds  
each side



15-20 seconds



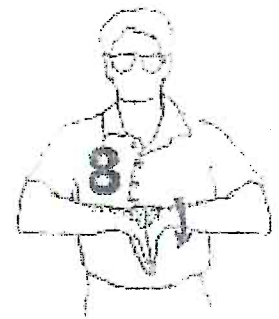
3-5 seconds  
3 times



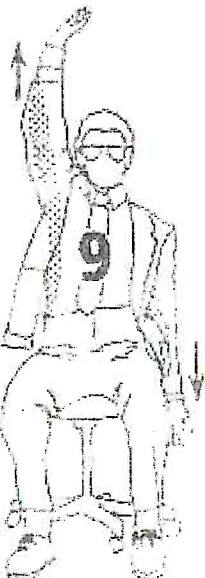
10-12 seconds  
each arm



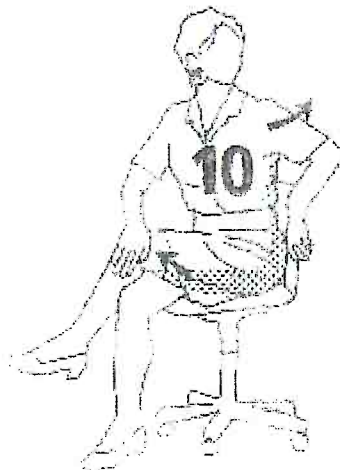
10 seconds



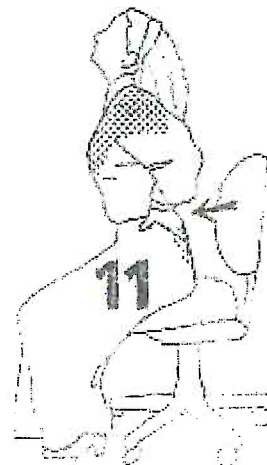
10 seconds



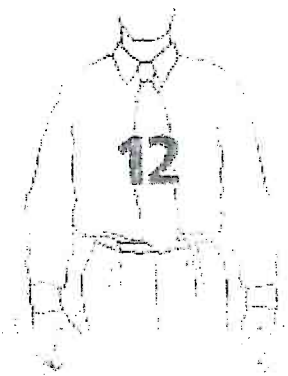
8-10 seconds  
each side



8-10 seconds  
each side



10-15 seconds  
2 times



Shake out wrists  
8-10 seconds

Poems

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.

~~ Submitted By: Del "Abe" Jones - The  
 Holyday Spot ~~

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

~~ Submitted by Trevor Duggan -  
 The Holyday Spot ~~



# The History of Father's Day

The year 2010 marked the 100th anniversary of **Father's Day** in America. While it wasn't made a national holiday until 1972, the efforts of one woman in Washington sparked a movement to celebrate Dad's long before then.

## Sonora Dodd and the first Father's Day

In 1909, Sonora Smart Dodd of Spokane, Washington, was inspired to create a holiday honoring fathers. William Jackson Smart, her father, was a farmer and Civil War veteran that raised Sonora and her five younger brothers by himself after his wife, Ellen, died giving birth to their youngest child in 1898. While attending a Mother's Day church service in 1909, Sonora, then 27, came up with the idea.

Within a few months, Sonora had convinced the Spokane Ministerial Association and the YMCA to set aside a Sunday in June to celebrate fathers. She proposed June 5, her father's birthday, but the ministers chose the third Sunday in June so that they would have more time after Mother's Day (the second Sunday in May) to prepare their sermons. So it was that on June 19, 1910, Sonora delivered presents to handicapped fathers, boys from the YMCA decorated their lapels with fresh-cut roses (red for living fathers, white for the deceased), and the city's ministers devoted their homilies to fatherhood.

## A National Holiday

The widely publicized events in Spokane struck a chord that reached all the way to Washington, D.C., and Sonora's celebration started its path to becoming a national holiday.

- In 1916, President Woodrow Wilson and his family personally observed the day.
- Eight years later, President Calvin Coolidge signed a resolution in favor of Father's Day "to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations."
- In 1966, President Lyndon Johnson signed an executive order that the holiday be celebrated on the third Sunday in June.
- Under President Richard Nixon, in 1972, Congress passed an act officially making Father's Day a national holiday. (Six years later, Sonora died at age 96.)

## Different Days for Different Dads

North America is not the only place where Father's Day is celebrated.

- In traditionally Catholic countries such as Spain and Portugal, Father's Day is observed on March 19, the Feast of St. Joseph.
- Taiwanese celebrate Father's Day on August 8, the eighth day of the eighth month, because the Mandarin Chinese word for eight sounds like the word for "Papa."

In Thailand, Father's Day occurs on the king's birthday, which for current King Bhumibol Adulyadej is December 5.



# The Bluffs

*Photos by Pat Gadicke*



Spring Vegetable Casserole

Ingredients

- 8 small new potatoes
- 1 small cauliflower, broken into florets
- 8 baby carrots
- 4 stalks asparagus, cut into 1-inch pieces
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups milk
- Salt
- Black pepper
- ¾ cup (3 ounces) shredded Cheddar cheese
- Chopped fresh parsley

**1** To cook vegetables, bring 1 inch water to a boil in 2-quart saucepan over high heat. Add potatoes; cover and return to a boil. Reduce heat to low. Simmer until the potatoes are tender; about 10 minutes; drain and set aside. Repeat cooking process with the cauliflower, carrots and asparagus, cooking separately just until crisp-tender.

**2** Preheat oven to 350°F. Lightly grease a 2-quart casserole with butter or spray with nonstick



*grandma's secrets*  
Grandma used new potatoes in this casserole instead of regular baking potatoes because new potatoes have a crisp, waxy texture that doesn't become mushy. New potatoes come in several varieties, but most often they are round reds. No matter the variety, all new potatoes have a very thin, wispy skin.

cooking spray. Arrange vegetables in buttered casserole.

**3** For sauce, melt butter in medium saucepan over medium heat. Stir in flour until smooth. Gradually stir in milk. Cook until thickened, stirring

constantly. Season to taste with salt and black pepper. Add cheese, stirring until cheese is melted.

**4** Pour sauce over vegetables and sprinkle with chopped parsley. Bake until heated through, about 15 minutes.

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Angel Hair Pasta with Beef

Ingredients

- 16 ounces angel hair pasta
- 2 tablespoons canola oil or olive oil
- 2 pounds beef sirloin, thinly sliced
- 1 large red onion, sliced
- 8 ounces mushrooms, sliced
- 2 each medium yellow summer squash and medium zucchini, sliced
- 1 teaspoon minced garlic
- 2 (14½-ounce) cans diced tomatoes, drained
- 1 teaspoon salt
- ¾ teaspoon dried oregano
- ¼ teaspoon black pepper

**1** Cook pasta using package directions; drain. Rinse with cool water; drain again. Cover to keep warm.

**2** Heat canola oil in a large skillet over medium-high heat until hot. Cook the beef and onion in hot oil, stirring continually, just until beef is slightly pink, about 5 minutes.

**3** Add mushrooms, yellow squash, zucchini and garlic to beef mixture. Sauté until vegetables are crisp-tender, about 5 to 7 minutes.



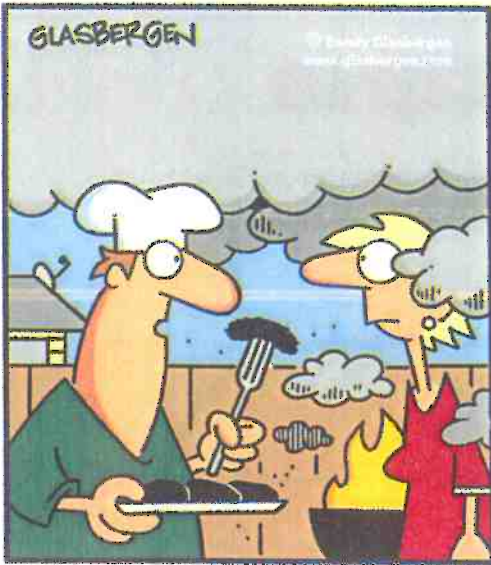
*grandma's secrets*  
Fresh, ripe tomatoes were a regular ingredient in Grandma's cooking. To use them in this recipe, she selected 5-meaty tomatoes, such as Bradley, or about 8 plum tomatoes. She dropped them into a pot of boiling water, scalded them for 15 seconds, then removed them with a slotted spoon and placed them in cold water. She cut out the cores, then slipped off the skins, chopped the pulp and added it to the skillet.

**4** Add tomatoes. Cook until tomatoes are heated through. Stir in salt, oregano and black pepper.

**5** Place equal portions of the pasta on 6 to 8 serving plates. Spoon portions of beef mixture over pasta and toss lightly.

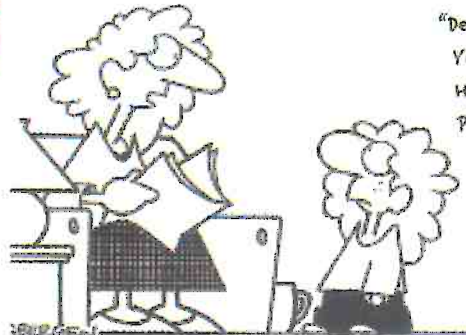


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"Don't worry about burning the calories — that's already been done!"

## Humor Me

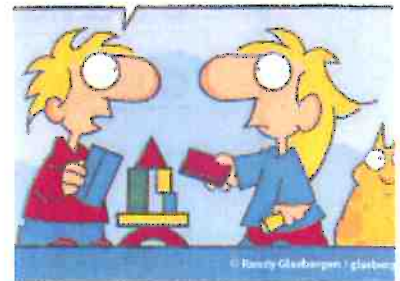


"I know you care about cleaning up the planet. Your bedroom is part of the planet!"



"Dear Dad, I hoap you have a nise Fathers Day. You are smart and funny and mom is two. Have a reely grate and speshul day tooday. PS: Thank you for sending me to collige!"

DADDY WENT TO THE DENTIST TO GET A CROWN. DO YOU THINK WE'LL HAVE TO START CALLING HIM "YOUR HIGHNESS"?



### May/June Sudoku:

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

### Solution to Previous Sudoku:

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

## Sports Competition Anagram

*Unscramble the letters to fill the blank spaces in the most intelligible way to form an answer that goes with the mood of the occasion. For each correct solution, you get one point. See how much you score!*

nwi

achmp

ahmnt

opdumi

damtius

osdrec

dnoru

ainrt

eeilt

larufie

alog

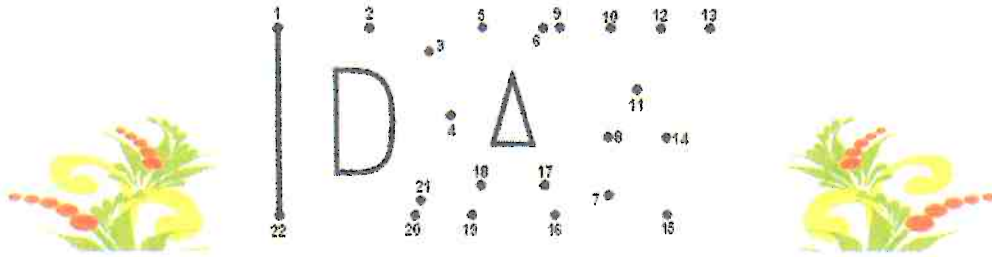
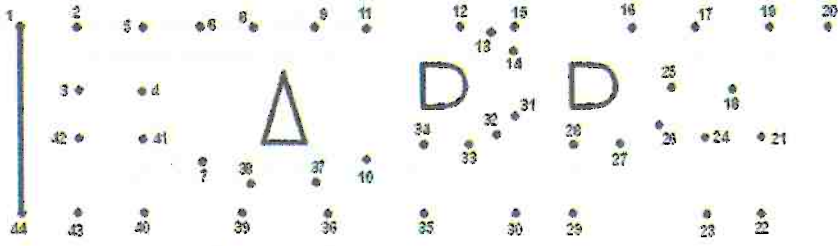
Submit your answers to the NewsMagazine box at the Office or E-mail them to [t-nm@live.co](mailto:t-nm@live.co) to win a prize. The highest score wins but in case of a tie, the earliest bird will get the worm. Winners will be announced in the next issue of the Newsletter. Entries must be submitted by May, 29th.  
Good luck

Name: \_\_\_\_\_

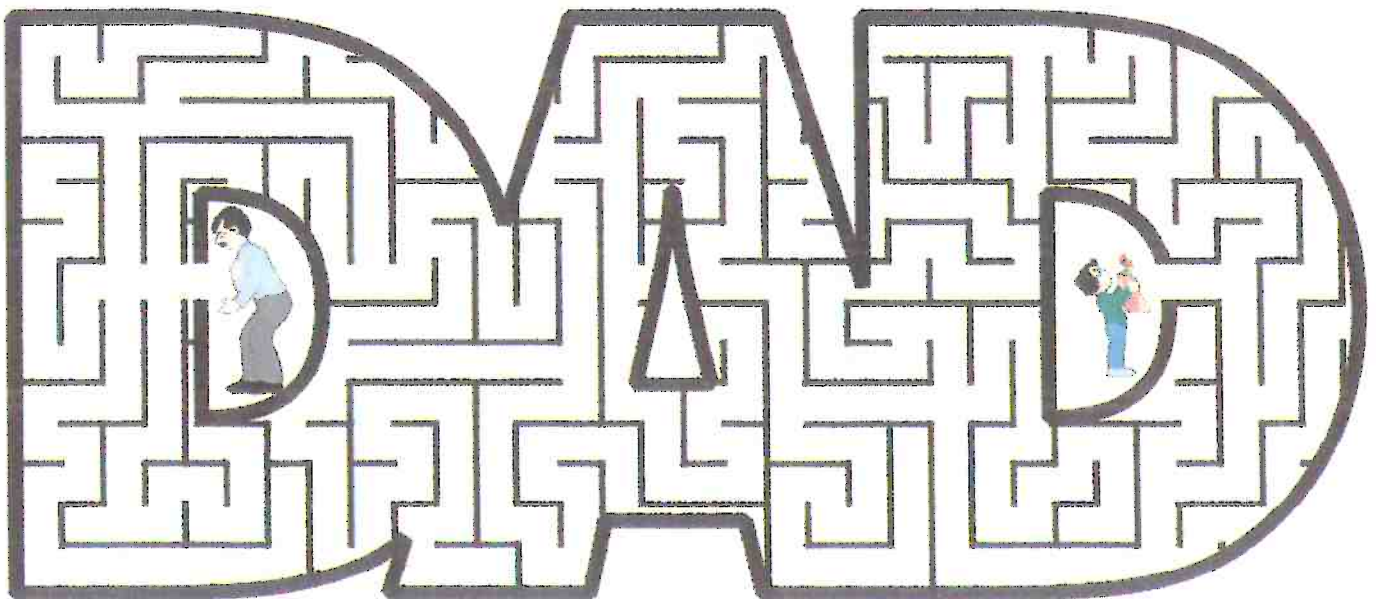
Unit: \_\_\_\_\_



### Mothers Day Dot to Dot



Help the father find his way through the DAD shaped maze to find his gift giving son.



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

## Family Word Search Puzzle

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

### FAMILY WORD SEARCH LIST

AUNT	MOTHER
BROTHER	NEPHEW
CHILDREN	NIECE
COUSIN	PARENTS
FATHER	PARTNER
GRANDFATHER	SISTER
GRANDMOTHER	SPOUSE
HALF SIBLING	STEP SIBLING
HUSBAND	UNCLE
IN-LAWS	WIFE



**COLORING CONTEST**

**C'MON KIDS, IT'S TIME TO COLOR. ENTER TO WIN SOMETHING YUMMY!  
DROP YOUR BEAUTIFULLY COLORED PICTURES IN THE NEWSLETTER BOX BY MAY 29<sup>th</sup>.  
WINNING ENTRY WILL BE PUBLISHED IN THE NEXT ISSUE.**

**Name:** \_\_\_\_\_

**Unit N<sup>o</sup>:** \_\_\_\_\_

