



Thurlestone
NewsMagazine



November 2011





Mission Statement

To promote Unity and Participation

To inform and Entertain

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Committee Members

Janice Hardacre
Jewel Stephen

Acknowledgements :

Thanks to all those who helped make this issue possible!



Notes from the Editor

November 2011

It's beginning to look a lot like Christmas ~ what with all the Christmas bazaars and concerts taking place during November. I have listed a few local events.

Our summer days and nights are behind us now as we put away our lawn chairs, bring out the sweaters – and – the rakes as we prepare to clean up the yards. And whether you live in the Midwest, U.S. or Scarborough, when the snow falls, we need to shovel it! The Co-op needs your help to keep the yards clear and safe for everyone. For more information on the yard clean-up and the snow removal, please see our notices attached.

Further to the recent notice and discussion at the Annual General Meeting about blocked drains, it is important to keep them clear of objects and unnatural products. One of the members mentioned some good drain cleaning remedies using common household items. We've included an article about these items and how you can use them.

Another one of our members at 18 Fishleigh has contributed a beautiful poem for this issue; thank you David! We welcome your submissions so be sure to drop them off at the office newsletter box or send via email to t-nm@live.ca.

And last, we need to ensure that everyone is getting the newsletter in the format that you prefer. So, if you would like to receive an electronic copy instead of the hard copy (a good savings on printing costs), please let the Co-op office know.


So, it's "batten" down the hatches time !

Janice



November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>All Saints' Day</i>	2	3	4	5 Membership Mtg. 9:00 am
6 <i>Daylight Saving Time Ends</i> 	7	8	9 Finance Mtg. 7:00 pm	10	11 <i>Remembrance Day</i>  <i>Lest We Forget</i>	12
13 <i>Clean Up Day</i> 	14	15 Board Mtg. 7:00 pm	16	17 NewsMagazine 7:30 pm	18	19
20 <i>Rain Date</i> 	21	22	23	24 NewsMagazine 7:30 pm	25	26
27 <i>First Sunday of Advent</i> <i>Muharram/New Year</i>	28	29 NewsMagazine 7:30 pm	30			

Thurlestone Co-op
22 Fishleigh Drive. Unit # 3, Scarborough ON M1N 1G9
Tel: 416.261.1110 Fax: 416.261.4744

Minutes from Board of Director Meeting Tuesday, August 16th, 2011

Present - Deanna D'Amico, Melanie Lyle, Lois Logie, Elaine Richard, Shannon Doyle, Diana Hogan.

Regrets: Pam Syvret, Anita Lowe

Minutes taken by Shannon Chairperson: Lois Logie

1) Meeting was called to order at 7:15pm.

2) Approval of Agenda

*Deanna/Lois
Carried*

3) Approval of the Minutes: July 12th, 2011

- **To amend the minutes regarding item #10 to correct adjournment time to 9pm.**
- **Regarding item #2 under confidential, to remove it completely.**

*Deanna/Lois
Carried
Shannon abstained*

4) Business Arising From the Minutes: July 12th, 2011- none

5) Approval of Draft Audited Financial Statements for fiscal year ended May 31st, 2011

*Shannon/Deanna
Carried*

6) Confidential Section - See attached

7) Co-ordinator's Report - See attached

8) Committee Reports - Nothing to report

9) New Business

- a) **Attendance Reports from GMM and Clean Up Days: to send out letters missed last 2 meetings without regrets**
- b) **International Year of Co-operatives - see material**
- c) **Co-op Housing Makes a Difference - see material**

d) The physical appearance of Folcroft is concerning, also smoking, dog hair: To send memo's about the chores and smoking.

10) Proposed Date of Next Board Meeting: Next meeting Sept 13 2011.

12) Adjournment: 10:25pm

Lois Logie, Chairperson

Melanie Lyle, Recording Secretary

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Minutes from Board of Director Meeting Tuesday, July 12th, 2011

Present - Lois Logie, Deanna D'Amico, Anita Lowe, Elaine Richard, Melanie Lyle, Diane Hogan

Regrets: Shannon Doyle, Pam Syvret

Minutes taken by Melanie.

Chairperson: Lois Logie

- 1) Meeting was called to order at 7:14pm.
- 2) Approval of Agenda: Motion to approve the agenda as amended. See confidential section.
- 3) Approval of the Minutes with amendment: June 14th, 2011. See confidential section.
- 4) Business Arising From the Minutes: See confidential section.
- 5) Confidential Section - See attached
- 6) Co-ordinator's Report - Co-ordinator's Report was given. See attached.

Maintenance Update

RE: 2.A) Motion to hire Doug Attree to clear the weeds and growth above the Fishleigh Parking Lot for \$150 and top of parking lot retaining wall for \$80 (we supply bags). He will also do this again this season when needed.

*Melanie/Deanna
Carried*

2.C) Motion to approve the water tank in 3C @ an emergency cost of \$1356 out of the capital reserve and also to approve \$339 for the Sunday emergency call for the leak in the tank, to come from expenses. This was done by the Rooter-man.

- 7) Committee Reports: Nothing to Report.
- 8) New Business: The Co-op is going to send "friendly" reminder letters to

Board Minutes - July 12th, 2011

members that have missed two general meetings in a row.

9) Proposed Date of Next Board Meeting: Aug 9th, 2011.

10) Adjournment was at 7:00 pm.

Lois Logie, Chairperson

Melanie Lyle, Recording Secretary

CO-OP AWARDS !

We are thrilled to announce that the Thurlestone Co-op has won awards for

**BEST NEWSLETTER
BEST GARDEN**

from the Co-op Housing Federation of Toronto. The awards ceremony takes place on November 10th, 2011 at 7 p.m., Metro Central YMCA, 20 Grosvenor Street, Auditorium. **Congratulations to all!**



NEW MEMBERS

Ryan Lintop	Unit 1601
Zach Woodhouse	
Reg Morency	Unit 2207

**CONGRATULATIONS TO THE WINNER OF
THE THANKSGIVING CONTEST**

LIISA – 2B FOLCROFT

HURRY!

**CLOCKS GO BACK 1 HOUR
DAYLIGHT SAVINGS ENDS
@ 2:00 A.M. ON NOV. 6!**



THE 2ND ANNUAL 'CANDY BUY BACK' EVENT

Tuesday November 1 from 4:00 to 7:00 p.m.

Too much candy left over from Halloween? The Quarry Dental Office is willing to take it off your hands (so to speak!) ~ and pay you for it. Keep a few for yourself and bring in the rest. They will donate the candy along with toothbrushes, floss and a cash donation to the YWCA Elm Street Centre for Women. For more information, call (416) 694-2220 or email quarrydental@rogers.com

FALL CLEAN UP



Saturday any time of the day – November 12, 2011

**** Sunday – November 13, 2011 at 10 A.M. ****

This includes interior of the buildings

Back stairs

Railings

Windows

Etc.

**Lunch served Sunday in Folcroft Meeting
Room at 12 P.M.**



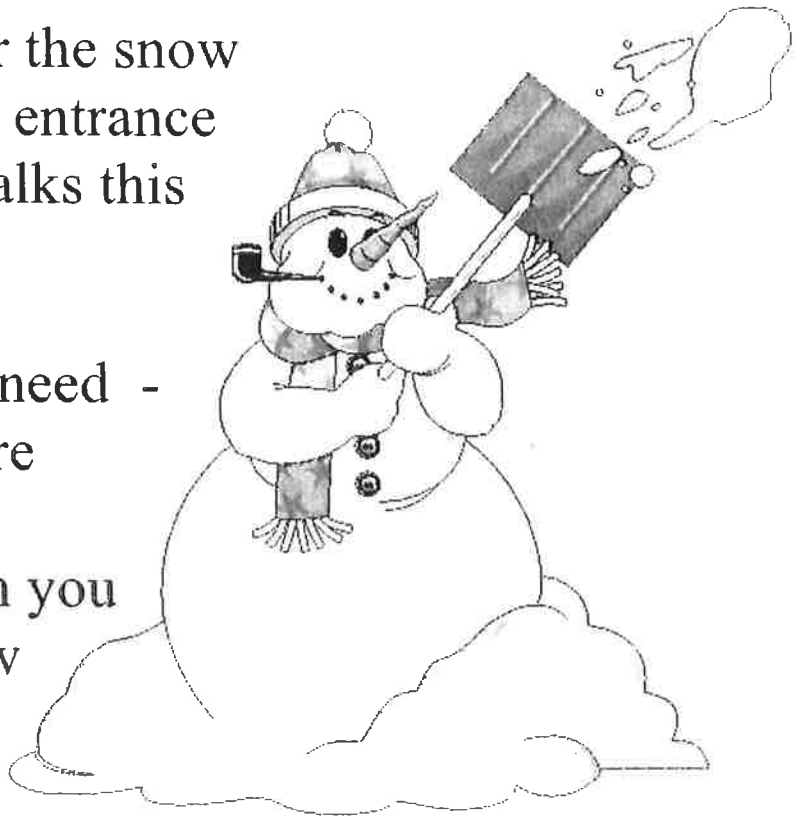
**** Rain day Sunday ** – November 20 at 10 A.M.**



BE A SNOWMAN
(Snowwoman or Snowkid)
THIS WINTER !

Please help clear the snow and ice from the entrance ways and sidewalks this winter.

Everything you need - shovels, salt - are in the building lobbies, so when you see that the snow or ice has not been removed, please take a few minutes to help especially if it appears to be a safety hazard!



Many hands make light work !

The Scoop on Snow Shoveling Safety

Julie Garden-Robinson, Ph.D., L.R.D., Food and Nutrition Specialist
Jocey Mathern, Program Assistant (former)

It happens every winter in the Midwest: Snow falls usually leaving piles of the stuff to clear from your sidewalks and driveway. Consider the following before you grab your shovel after a major snowfall:

The good news is that 15 minutes of snow shoveling counts as moderate physical activity, according to the Surgeon General's Report on Physical Activity and Health (1996). We all should aim for at least 30 minutes of moderate physical activity of some kind on most days of the week. A 170-pound person shoveling for 30 minutes will burn about 250 calories. Brisk walking or social dancing are other ways to fit in moderate physical activity during cold winter months.

The bad news is that researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an individual's heart. Snow shoveling may cause a quick increase in heart rate

and blood pressure. One study determined that after only two minutes of shoveling, the heart rates of sedentary men rose to levels higher than those normally recommended during aerobic exercise.

Shoveling may be *vigorous* activity even for healthy college-aged students. A study performed by researchers at North Dakota State University determined that, based on heart rate, shoveling was a moderately intense activity for college-aged subjects most of the time but was vigorous activity during about one-third of their shoveling time of 14 minutes.

The weather can make shoveling more difficult. Cold air makes working and breathing hard, which adds some extra strain on the body. Shovelers also are at risk for hypothermia, a decrease in body temperature, if they are not dressed correctly for the weather conditions.

Who should think twice about shoveling snow?

Those most at risk for a heart attack include:

- Anyone who already has had a heart attack
- Individuals with a history of heart disease
- Those with high blood pressure or high cholesterol levels
- Smokers
- Individuals leading a sedentary lifestyle



NDSU
Extension Service
North Dakota State University
Fargo, North Dakota

Reviewed/Revised January 2011

A Pile of Snow-shoveling Tips

Should you rush out and buy a snow blower?

Not necessarily. Not everyone who shovels snow is going to have a heart attack. Snow shoveling can be good exercise when performed correctly and with safety in mind.

Also consider back safety when shoveling snow. Even if you exercise regularly and are not at risk for heart disease, shoveling improperly could lead to a strained back. If you've been inactive for months and have certain risk factors, use some common sense before taking on the task of snow shoveling.

Be heart healthy and back friendly while shoveling this winter with these tips:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed. Synthetic fibers help wick away perspiration better than natural fibers.
- Warm your muscles before shoveling by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly. Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side, reposition your feet to face the direction the snow will be going.
- Most importantly, listen to your body. Stop if you feel pain.

Remembrance Day in Canada 2011

Why Remember?

Canada's service men and women have served this nation from the First World War to current missions. They step forward in our time of greatest need — because they believe in peace and security around the world. They have left their villages and cities, their farms and fishing communities, to make a difference. And they did. And today's service men and women are carrying on the tradition.



What do people do?

In the weeks before Remembrance Day, many people pin artificial poppies to their clothes. Red poppies symbolize the memory of those who died and white poppies campaigns for non-military interventions in conflict situations.

On November 11, special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance'. At the 11th hour of the 11th day of the 11th month, the time the Armistice of World War I was signed in 1918, we observe two minutes of silence to remember.

The official Canadian national ceremonies are held at the National War Memorial in Ottawa, Ontario, according to a strict protocol. A service is held and wreaths are laid by armed services representatives. A list of local ceremonies can be found at http://www.toronto.ca/lestweforget/pdf/city_ceremony.pdf

Remembrance Day is a national public holiday for many federal government employees, private businesses, provincial governments and schools in Canada. Its status varies by province.

FREE DEBT MANAGEMENT CLINIC

(ends November 29)

Just walk in; no appointment necessary. Meet one-on-one with a knowledgeable volunteer who will answer your financial questions, identify your options, and help you tackle your financial problems. Free and confidential. WoodGreen Community Centre, 811 Danforth Avenue, Tuesdays, 6:00 to 8:00 p.m. Info (416) 645-6000, ext. 1336 or email calexander@woodgreen.org

FREE FLU VACCINATION CLINICS

(October 22 to November 22))

Toronto Public Health will be sponsoring a total of 67 free flu vaccination clinics at 31 locations throughout the city. The clinics will resume January 13-16. For more information about the flu vaccination program, or for clinic locations, call 1-866-FLU-N-YOU (1-866-358-6968) or visit the Toronto Public Health web site at <http://www.toronto.ca/health>

Civic Remembrance Day Services - 2011

Date	Time	Location	Contact
Sunday, November 6	2 p.m.	Scarborough Civic Centre 150 Borough Dr.	Deborah McLeod 416-397-4159
Friday, November 11	10:45 a.m.	East York Civic Centre Memorial Gardens 850 Coxwell Ave.	Nancy MacSween 416-392-4674
Friday, November 11	10:15 a.m.	Etobicoke Civic Centre Cenotaph 399 The West Mall	Bev Kurmey 416-392-7805
Friday, November 11	10:45 a.m.	North York Civic Centre Toronto Centre for the Arts George Weston Recital Hall 5040 Yonge St.	Annette Velho- Pereira 416-397-4158
Friday, November 11	10:45 a.m.	Toronto Old City Hall Cenotaph 60 Queen St. W. Bay & Queen Streets	Idalina Matias 416-392-6745
Friday, November 11	10:45 a.m.	York Civic Centre York Memorial Collegiate Auditorium 2690 Eglinton Ave. W.	RoseMarie Demarco 416-392-8191
Friday, November 11	10:45 a.m.	Fort York National Historic Site/Strachan Avenue Military Cemetery (Garrison Common) 250 Fort York Blvd	Richard Haynes 416-392-6907 x 223

CPR - HANDS ONLY

Would you know what to do if you were the only person around when someone has a heart attack? Hands-only CPR might be the means to save that person's life if you start it immediately and continue until the medics arrive.

There is a YouTube video that shows you how to apply this easy technique. Check it out.

<http://www.youtube.com/watch?v=912qx-MMwsl>



FOUNTAIN OF YOUTH EXERCISES

by Naomi Sophia Call

Book Review by Susannah Kent

As we grow older, it's not surprising that we find ourselves looking back longingly to our youth, (firm muscles, glowing skin, boundless energy and vitality). Recent research out of Hamilton McMaster University is now revealing the heartening potential of exercise as a means of reducing or eliminating almost every detrimental effect of aging – at least in mice! But while we await further research in this area and its possible impact for humans, we can turn to this book to provide a wonderfully unique, safe and 'real' age defying program. It features gorgeous photography, inspiring quotes, helpful tips and a series of invigorating movement practices and other time-honoured practices from around the world. These practices can provide vitality, radiance, joy and fulfillment – and – can be achieved in easily manageable segments of 15 minutes!

But, exercise is only one ingredient in the longevity recipe. There are also helpful sections on how to nourish our bodies on the inside with a plant-based diet, pure water, lots of fresh air and feed our spirits with creative expression.



“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

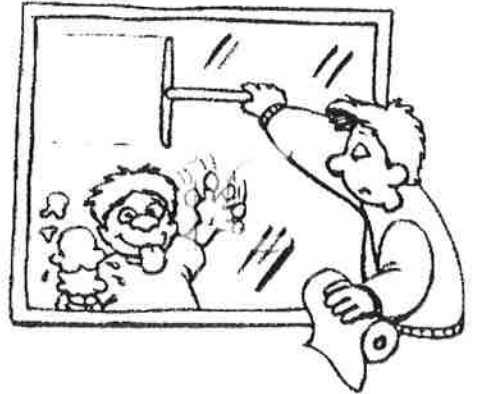
— *Maya Angelou*

4 CLEANING PRODUCTS YOU SHOULD NEVER BE WITHOUT !

Here are 4 common household products that can be used together or in conjunction with other products such as salt or dishwashing liquid. They are especially good for people who suffer with allergies or want to cut back on using chemicals in their home.

1. White vinegar

- Maintain your drains. Make a paste of ½ cup each of baking soda and vinegar. Pour in drain; wait for 15 minutes, then flush with cold water. Use on a monthly basis.
- Soap scum and mineral deposits from showers, tubs and sinks. Warm the vinegar and put in a spray bottle. Spray on, let soak for 10-15 minutes and scrub with a nylon scrubbing sponge.
- Grease on dishes and crystals. Add 2-3 tablespoons vinegar along with your regular dishwashing liquid.
- Stainless steel sinks. Make a paste of baking soda and vinegar.
- Windows. Add ¼ cup to 1 quart of water.
- Mirrors. Half vinegar and half water. Use sponge, soft cloth or paper towel. Do not spray directly onto a mirror.



2. Baking Soda

- Deodorizer, cleaner and mild abrasive.
- Polishes silver.
- Removes burnt food in casseroles: fill dish with hot water and add 1 tablespoon of baking soda; allow to soak.

3. Lemon Juice

- Hot lemon juice and baking soda is a good drain cleaner.
- Natural bleach and disinfectant.
- Clean brass and copper with lemon juice and salt.
- Remove stains from hands.
- 4 tablespoons of lemon juice mixed with half a gallon of water makes an effective window cleaner.

4. Club Soda

- Use to clean up spills on carpets; it will remove stains from red wine, coffee, tea, pop, Kool-Aid.
- Soak jewels in club soda for a few hours to restore their luster.
- Plants soak up the nutrients that are stored in club sodas. Keep some in a spray bottle and give your greens a mineral treat each week to see healthier plants grown faster.
- Pour some club soda on countertops, stainless steel and porcelain fixtures to get rid of greasy messes and create a beautiful clean shine.

10 Foods that Fight Breast Cancer

Mounting research shows that healthy eating habits can put a significant dent in the estimated 23,000 new cases of breast cancer in Canada each year. Here are ten of the most powerful breast cancer-fighting foods

By Matthew Kadey, RD
Best Health Magazine

1. Mushrooms



A study published in *Nutrition and Cancer* in 2010 found that higher mushroom intake is associated with a lower risk of breast cancer among women who are premenopausal. Cremini, oyster and shiitake mushrooms, among others, contain antioxidants such as L-ergothioneine that may confer cancer protection.

Try this: Add sliced mushrooms to scrambled eggs, frittatas, stews, stir-fries and your ground meat for burgers and meatloaf.

2. Broccoli sprouts



These peppery sprouts are high in sulforaphane, an antioxidant that University of Michigan scientists found may target and destroy cells that fuel tumour growth.

Try this: Add them to sandwiches, salads, soups and homemade pest

3. Pomegranate



The crunchy seeds of a pomegranate (also referred to as arils) are well endowed with ellagic acid, a potent antioxidant that may inhibit an enzyme that plays a role in breast cancer development, according to U.S. scientists from the City of Hope's Beckman Research Institute. Pomegranates, a rich source of antioxidants, have also been linked to improved heart health. You can get the same antioxidants from pure pomegranate juice, but drink only one cup (250 mL) a day to keep sugar intake in check, or have half of a fruit.

Try this: Garnish cottage cheese, salads, oatmeal and pilafs with pomegranate seeds. Add the juice to smoothies and iced tea.

4. Lentils



A study published in *The American Journal of Clinical Nutrition* in 2009 analyzed the dietary patterns of more than 3,500 Asian-American women and found that a higher intake of legumes, which include lentils and beans, was associated with lower breast cancer risk. Though often overlooked, budget-friendly lentils are brimming with folate, fibre and a host of other nutrients that may help keep breast cancer at bay.

Try this: Try lentil burgers and tacos. Make hearty weeknight pasta with whole-grain penne, lentils, sun-dried tomatoes, chopped kale and diced feta cheese.

5. Walnuts



Preliminary data suggests that snacking on up to two ounces (60 g) of walnuts a day could halt the development of breast cancer tumours. Researchers from West Virginia's Marshall University School of Medicine surmise that walnuts' omega-3s, antioxidants and phytosterols may help slow the growth of cancerous cells.

Try this: Add walnuts to brownie or muffin recipes. Or toast them in a dry skillet

and add to salads, pizza and cooked grains such as quinoa.

6. Blueberries



Research suggests that pterostilbene, a phytonutrient in blueberries, can halt the growth of breast cancer tumours by causing cancerous cells to self-destruct, a process called apoptosis. And frozen wild blueberries are just as antioxidant- and nutrient-packed as fresh.

Try this: Add blueberries to smoothies, oatmeal, yogurt and pancake batter.

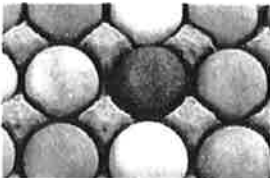
7. Spinach



Premenopausal women with the highest average intakes of dietary folate (a good source is spinach) had a 40 percent lower risk of breast cancer, according to a study in the American Journal of Epidemiology in 2011. The B vitamin is necessary for proper cell division, and stymies changes to DNA that may lead to breast cancer.

Try this: Use spinach to brighten up casseroles, quiches, pasta dishes, scrambled eggs and even smoothies.

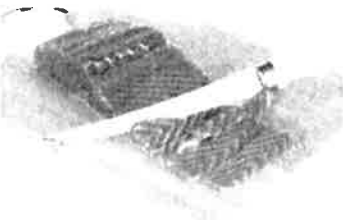
8. Eggs



Choline, an essential nutrient abundant in eggs, is associated with a 24 percent reduced risk of breast cancer, according to a U.S. study involving more than 3,000 women. This essential nutrient, found in the yolk, is necessary to ensure proper cell functioning. The U.S. Institute of Medicine says women should aim for 425 milligrams per day; there are 126 milligrams in a large egg. Other sources of choline include fish, poultry, pork, beef, broccoli and wheat germ.

Try this: Keep hard-boiled eggs in the office fridge and have one for an afternoon snack.

9. Salmon



Salmon is one of the few foods to contain vitamin D in significant amounts. Researchers at Toronto's Mount Sinai Hospital determined that increased intakes of the "sunshine vitamin" were associated with a 24 percent reduction in the risk of developing breast cancer. Vitamin D may prevent cells from becoming cancerous. Also, eating fresh or canned salmon provides docosahexaenoic acid (DHA), a supercharged omega-3 fat that may kill off breast cancer cells and help stop the spread of the disease to other parts of the body.

Try this: Add canned salmon to salads or use instead of beef in burgers and meatloaf.

10. Rye bread



After reviewing the published research, Finnish scientists determined that consuming whole-grain rye can help slash breast cancer risk. A synergy between fiber, lignans, vitamins, minerals and the phytonutrient phytic acid make rye bread a breast cancer fighter. When buying, check the ingredient list to ensure that the first item is whole rye flour and not wheat flour.

Try this: For a nutrition-packed breakfast, toast a slice of rye bread and top with a poached egg, plus avocado and tomato slices.

Easy, Natural Care for Beautiful Winter Skin



By Erika Buckley, ND and Stacey Fritsch, ND

We've all been there. Standing amongst aisles of lotions and potions with various promises asking yourself, "What is my best skin cream choice for this awful dry winter weather?" You see a list of ingredients that you can't pronounce let alone know what they are. In exasperation you sigh and feel like yelling out, "Why is this so complicated!" Believe it or not skin health can be simple, with most of what you need for a vibrant winter complexion already in your kitchen cupboards.

HYDRATION

The important way to keep your skin hydrated is to keep your body hydrated. In winter, your eight plus glasses of water a day becomes even more important. This is especially true during the holiday season when beverages of choice (coffee, wine, cocktails, etc) can further dry out our skin due to their diuretic effects.

BATHING TIPS FOR WINTER BEAUTY

While a steamy shower may sound tempting after a winter blizzard, hot showers exacerbate dry skin. If the water is really hot, it breaks down healthy fats in the skin, drying it out. So in the dry winter months opt for a warm shower instead. Consider using a natural agave fiber wash cloth while bathing. It provides a gentle exfoliating action that removes dead skin cells and stimulates circulation to the skin's surface. For whole body moisturizing, rub a

non-clogging oil such as olive or almond oil over your arms, legs and torso immediately after showering before you dry off. Applying the oil when your skin is still warm and damp helps trap moisture in the skin before the pores close.

HEALTHY DIET = HEALTHY SKIN

As our skin is made of cells and our cells are made of fat it only makes sense that the type of fats we eat affect the health of our skin. Fish oils are a great source of EPA (Eicosapentaenoic acid) and DHA (docosahexanoic acid), which not only keep skin hydrated from the inside, but also decrease the redness and inflammation that is associated with many winter skin conditions. Antioxidants are naturally occurring chemicals in many foods that remove toxins or oxidants from our body and therefore prevent them from damaging our skin cells. Some of our favourite foods are great sources of antioxidants, such as, dark berries, green tea, red beans (kidney and pinto), apples and plums.

MOISTURIZING

In order to combat dry winter skin we need to attack it both internally and externally. However, many moisturizers on the market, including high-end, expensive brands work against dry skin as they contain ingredients, such as, alcohol, which suck moisture from the skin. Some of the best moisturizers, proven for all types of skin are simple non-clogging oils. For your face try an aromatherapy facial oil blend. Look for one that contains *Rosa rubiginosa*, (rose hip seed oil) and vetiver oil. These oils contain active ingredients, which enter deep into the dermis to prevent damage and moisture loss to regenerate and protect skin in cold and dry environments.

OATMEAL MASK

As we enter the holiday season and you begin baking up a storm in the kitchen, why not stock up on oatmeal to fulfill both your baking and skin's needs and treat yourself to a homemade oatmeal mask. Simply add honey and egg whites to raw oatmeal flakes to create a pasty like substance, which can be applied all over your face, avoiding the eyes of course. Let it sit for 20 minutes while you relax, read or cozy up to the fire (although don't get too close or you may end up with oatmeal cookies). The mask can then be easily washed off with lukewarm water and your face patted dry, leaving your skin feeling soft and refreshed.

So let go of some stress this winter season keep it simple with your skin. With a few simple changes to your beauty routine your face will be as radiant as the season. ◀

Erika Buckley and Stacey Fritsch aim to bring the simplicity of natural health and beauty to their clients at Aqua Vitalis Naturopathic in Whitby, ON. Please feel free to contact them at (905) 666-3826.

What you can do

To Start and Stay with a Home Exercise Program:



Choose activities and gear that you will enjoy.

Carve out a pleasant space in your home for exercise.

Pick a time that fits into your schedule.

Make exercise a priority; keep it high on your "to do" list.



Exercise At least 30 minutes a day, 3-4 days of the week. If you can't work in the full amount, do some exercise.



Vary your routine to avoid boredom. Weight train one day, do cardio the next.



Combine activities. Use weights while watching TV.



Don't think about exercise as a cosmetic issue, but as something you do to take care of yourself and improve your overall health.

Avoid vigorous exercise within 2-3 hours of bedtime.



Get plenty of sleep so you won't be "to tired" to exercise.

Delegate tasks to family members so you have time to take care of yourself.

Don't let errands or workload sidetrack you. You'll get more done after you've been energized by exercising.



Remember to stretch after a workout to ease stiff muscles and prevent aches the next day.

Exercise becomes a habit after three months, so make the time and stick with it.



WINTERS' PATH

By D. T. McConville

I feel a cold winds' glance
Across my cheek

I smile to keep me warm
And if winters' path is long and hard
I will smile till spring is born.

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

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

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

DID YOU
KNOW



Sarah Josepha Buell Hale (October 24, 1788 - April 30, 1879) was an American writer and editor who turned to writing in 1822 as a widow trying to support her family. She edited Ladies' Magazine, the first successful US women's magazine, and then Godey's Lady's Book, with which it merged.

The magazine is credited with an ability to influence fashions not only for women's clothes, but also in domestic areas. During this time, Hale wrote many novels and poems, publishing nearly fifty volumes of work by the end of her life.

As the first female magazine editor, she shaped many of the attitudes and ideas of women of the period. Hale was an early advocate of women's education, particularly higher education for women; she helped in the founding of Vassar College.

Hale is credited as the individual most responsible for making Thanksgiving a national holiday in the United States. She is the author of the nursery rhyme "*Mary Had a Little Lamb*".

ART IN OUR OWN BACKYARD !

Do you have a creative spark and want to mix with other like-minded people in a relaxed setting. The Scarborough Arts is hosting a series of **FREE**, fun and interactive sessions relating to photography, poetry, visual arts and collaborative arts projects.

The remaining sessions in the series are held at the Scarborough Arts offices, 1859 Kingston Road from 6:00 – 8:00 p.m.:

- Visual Arts Critique – **Nov. 3**
Bring your artwork and constructive critiques.
- Collaborative Art Night – **Nov. 17**
Help make a collaborative art piece.
Sketching, collage-making, anything goes!

Space is limited. RSVP by sending an email to info@scarborougharts.com or call 416-698-7322.

Annual Art Auction and Live Entertainment

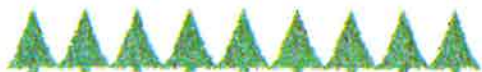
Sun Nov 27, 2pm to 5pm

Balmy Beach Club (Foot of Beech Avenue)

Canadians For Children At Health Risk

www.childrenathealthrisk.com
promotekidshealth@yahoo.com

Our Annual Art Auction (original paintings, photography, prints), a Silent Auction (variety of items including baked goods, gift certificates, etc.) and Live Entertainment. With auctioneer Michael Prue, MPP Beaches-East York. PWYC (Pay-What-You-Can)



CHRISTMAS IN NOVEMBER !

Sunday, November 6

Scarborough Central Lions Christmas Craft Sale

Birchmount Community Centre, 93

Birchmount Road & Kingston Road, 9:00 a.m. to 2:30 p.m.

Over 55 vendors on 2 floors!

Saturday, November 12

St. Stephen's Presbyterian Church, 3817

Lawrence Avenue East (east of Scarborough Golf Club Road), 10:00 a.m. to 2:00 p.m.

Gift baskets, bake sales, preserves, cheeses, collectibles, jewelry, garden items books, raffle prizes tea room.

Saturday, November 19

St. Paul's United Church, 200 McIntosh Street (West of Midland, north of Kingston Road)

9:00 a.m. to 12 noon.

Crafts, baking, etc.

SANTA CLAUS IS COMING TO TOWN !



SUNDAY, NOVEMBER 20

12:45 PM.

A **FREE** grab 'n go breakfast is offered at Dundas Square from 9:00 until 11:00 am.

In 1905, the Toronto Santa Claus parade premiered when a single float carrying Santa Claus arrived at Toronto Union Station and made its way to the downtown Eaton's department store where Santa shook hands with Timothy Eaton.

Thousands come to watch and greet Santa as he makes his way through the central city, beginning at the corner of Bloor and Christie St (Christie Pits) and runs east along Bloor to Avenue Rd, down University Avenue to Wellington and along Wellington across to Church.

Today, with more than 25 floats, 25 bands and 1,700 participants Toronto's Santa Claus parade is the longest running children's parade and one of the overall largest parades in the world.

The parade ends at the corner of Front and Church Streets (St. Lawrence Market).

6TH ANNUAL SANTA CLAUS PARADE

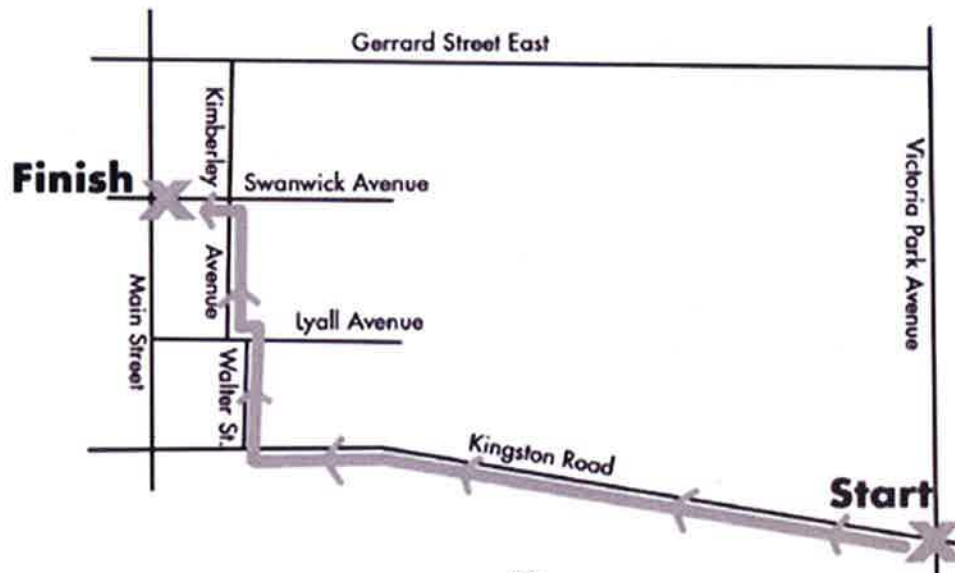
SUNDAY, NOVEMBER 27

1:00 P.M.

Sponsored by Community Centre 55
and the Kingston Road BIA

Runs west from Victoria Park along Kingston Road, up Walter Street to Community Centre 55. Enjoy tree trimming, face-painting, food and beverages and photos with Santa!

BRING A TOONIE for the "Share a Christmas Program" – and – your letters for Santa!

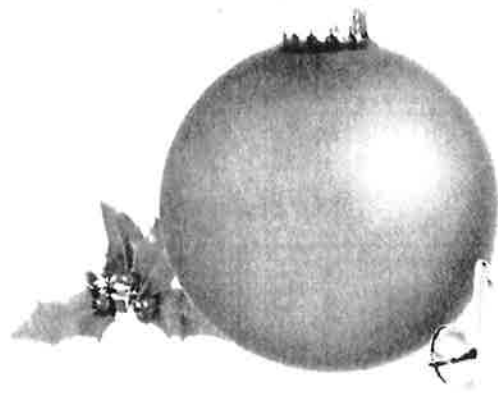




Downtown Music...in The Beach

Mervin Fick, Conductor

Sounds of Yule



Saturday, November 26, 2011
7:30 pm
975 Kingston Road
Tickets \$20 / \$10 under 18

Featuring music from the hit movie
*"Home Alone," "The World at the
Manger—A Christmas Cantata"* by
Malcolm Williamson and
a suite of Carols by John Rutter

www.torontobeachchorale.com

Solution to the:
**Thanksgiving Word
 Scramble**

IADYOLH	HOLIDAY
RINDNE	DINNER
HAVREST	HARVEST
LOTYMUPH	PLYMOUTH
SIFVTEAL	FESTIVAL
BEMNOREV	NOVEMBER
RONC	CORN
PNIMPUK	PUMPKIN

Solution to October
Sudoku:

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

November Sudoku:

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

Autumn 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!



Hidden word [circle letters]: _____

A E E L S (V)

A M N (T) U U

A F (G) I L N L

A (E) G N O R

(E) L O L W Y

(A) G I K N R

A (E) G H R T

C O (L) O

(B) N O T U Y

E E F I (S) V T

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 Nov, 24th. **Good luck**

Find the fall words from the bottom in the fall word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the fall word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting autumn fact.

Fall Word Search

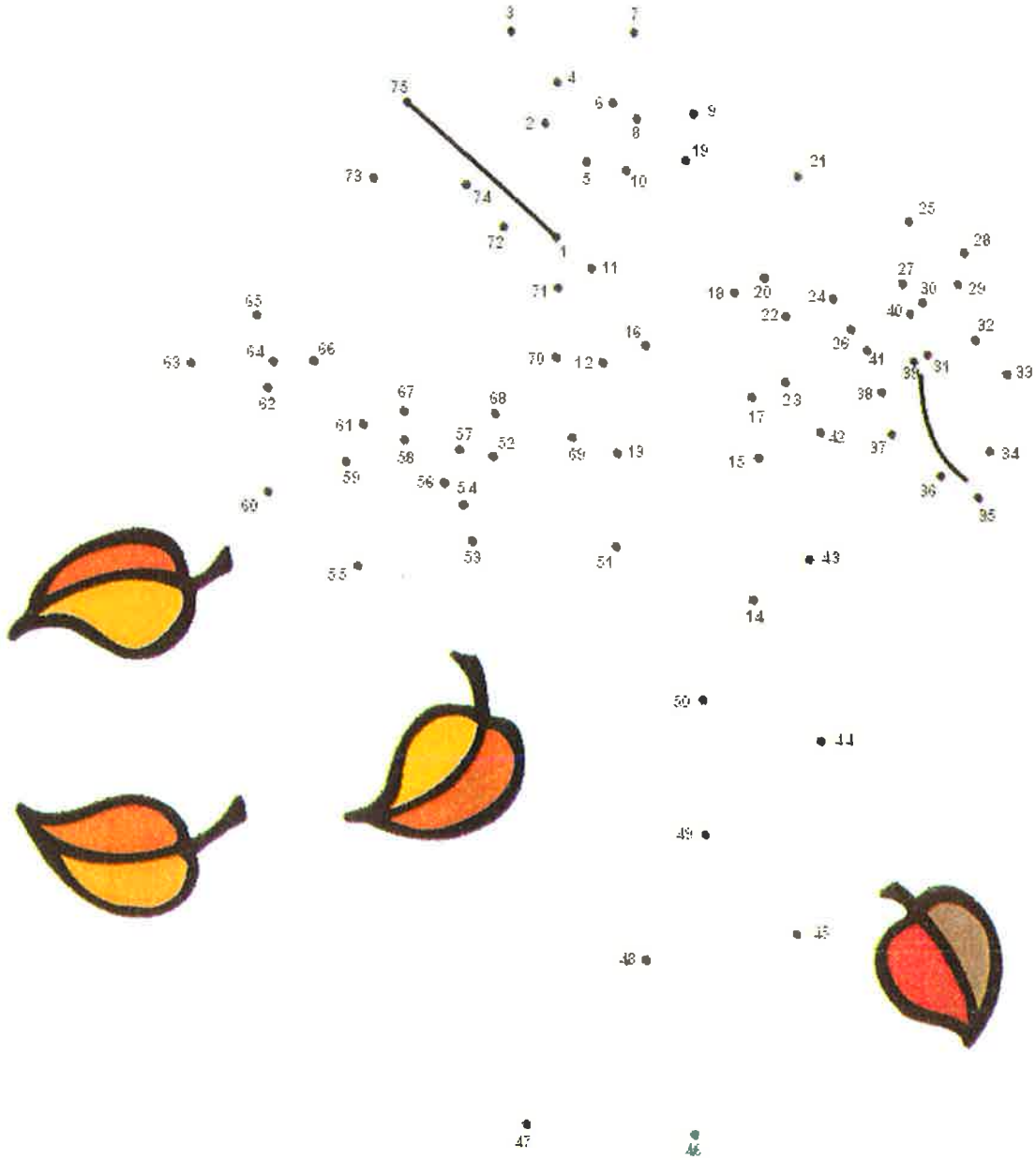
W A R T H A N K S G I V I N G
 M S U N N E G N A H C Y D N A
 Y S O A N D C H I L O L I Y R
 B A C K T O S C H O O L B U E
 R T T N G N I K A R L O E T T
 E E O F R L E E Z A U T U M N
 M I B N G N U I F N G H Q T I
 M S E M Y A R F E G L T S H W
 U E R I E D E A R E L C E O E
 S N D I L V T I A O O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

AFTER SUMMER
 AUTUMN
 BACK TO SCHOOL
 BEFORE WINTER
 BROWN
 CHANGE
 COLORFUL
 COOL
 FALLING
 HALLOWEEN

LEAVES
 NOVEMBER
 OCTOBER
 ORANGE
 PICTURESQUE
 RAKING
 RED
 SEASON
 THANKSGIVING
 YELLOW

Autumn Tree

Dot-to-Dot Puzzle



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

 25 23 4 21 14 2 21 23 25 20 25 23 23 20 19 17 16 16 10 25 16

 15 21 14 14 16 25 3 2 24 19 8 25 18 24 15 10 2 17 2 24 19 8

 15 25 18 16 16 19 12 19

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.

Submission Deadline Nov 24, 2011

Write your name: _____ Age: _____

And Unit number: _____

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 right answer will win a prize. **Good luck !**

