Thurlestone NewsMagazine





October 2010



Mission Statement

To promote Unity and Participation

To inform and Entertain

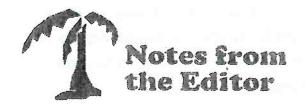


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October 2010

It looks like fall is shaping up to be a colourful one!

"October's the month
When the smallest breeze
Gives us a shower
Of autumn leaves.
Bonfires and pumpkins,
Leaves sailing down October is red
And golden and brown."

October is also the time for cooler and shorter days, fall festivals and fairs, picking apples, fall cleaning, gardening and raking coloured leaves, harvest moons, pumpkins, baking, Thanksgiving, and Halloween.

This edition includes some ideas on cooking with apples and a recipe for a very scary, but yummy Halloween cookie.

As you know, Diane Hogan has been very busy campaigning for Councillor for Ward 36. We wish her all the best on election night October 25th!

Best Wishes for a grateful Thanksgiving - and a safe and fun Halloween!

Janice Hardacre



musician who is trained to be acutely aware of sound and is a light sleeper to boot, they all would have perished.

Sadly, one panicked cat ran back into the house just before the roof caved in and was found later, dead in the basement.

This past summer my brother's house burnt down. He awoke at 4AM to an unusual whispering kind of sound, only to find that his back porch was on fire. Flames were already on the roof. No smoke alarms had gone off because there was no smoke yet in the house.

He woke his wife and young son in the upper bedrooms and raced to the basement to wake his teenage daughter, groping his way in the dark because the lights weren't working. Their 3 cats all ran around in a panic but managed to get out of the house with everyone else. There were seconds to spare. Soon after everyone escaped, a propane tank on the back deck exploded and the roof caved in. If it weren't for the fact that my brother is a classical

Nothing sharpens your awareness about fire more than nearly losing 4 beloved family members to the flames. Since this happened, I have been made acutely aware of how quickly a fire can spread and how devastating it can be. They lost everything they owned: furniture, photos, musical instruments, recording studio and equipment, clothes, and every imaginable thing that was cherished and meaningful.

Getting out of a fire with your life is the first challenge. Dealing with the fact that you are standing outside on the street in your pyjamas with nothing left but what you have on comes next. Everything that was once familiar and secure is turning into ash, right before

your eyes, and there's nothing you can do to stop it.

It is this stark reality that has inspired me to share my experience in this newsletter so that I can remind all co-op members that fire safety matters! All of the instruction manuals, memos and signs posted that ask us to follow strict rules for fire safety are there to protect not only your life, but the lives of your family members and cherished pets.

I have noticed that one fire safety rule that is consistently being ignored is the issue with doors being propped open instead of being left closed. When doors in the buildings are propped open, air movement is increased and smoke from a fire will travel rapidly into the hallways and upper levels. Even if the fire is contained to the unit of origin, open doors contribute to smoke moving rapidly throughout the building.

In one apartment fire, tenants reported a strange odour in the building before the fire. They propped open two fire doors and one lobby door to help air out

the building. Once the fire started, this turned the stairwell into a chimney of smoke, which killed 4 people who were trying to escape.

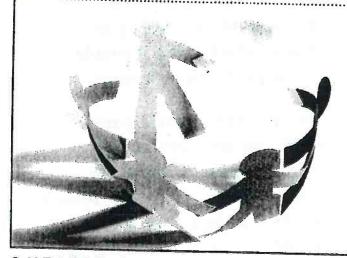
Smoke contains toxic gases which can disorient you or overcome you. Time is the biggest enemy and every second counts. In less than 30 seconds, a small flame can get completely out of control and turn into a major fire, filling rooms with thick black smoke and spreading wherever there are openings for it to travel. A fire can even start in the laundry room, when lint build-up in the dryer overheats and ignites. If the laundry room door is propped open, a fire will spread upward very quickly.

Please everyone, stay safe.

Read your fire safety manual,
follow the safety rules of the
co-op and remind others to do
the same. Our lives can depend
on it.

April Cameron Unit 13, 16 Fishleigh Drive

The CO-OPERATIVE HOUSING FEDERATION of Ganada - Ontario Region





ONTARIO MUNICIPAL ELECTIONS - MONDAY, OCTOBER 25, 2010



September 2010

Attention: Board of Directors

Enclosed please find enough municipal election pamphlets for all units in your co-op. Please ensure the materials get distributed to everyone. The pamphlet:

- highlights some key co-op housing issues
- ✓ suggests some questions to ask candidates
- encourages members to get involved in the municipal election
- gives them information on voting.

Why do Municipal elections matter?

The upcoming municipal elections are important for co-op housing. Municipal administration of provincial co-ops and the need to build more co-op housing are issues co-op members care about

MUNICIPAL ADMINISTRATION OF SHRA CO-OPS

- Since the the Social Housing Reform Act (SHRA) was passed over 10 years ago, half the co-ops in Ontario are funded and administered by municipalities.
- ✓ The SHRA has not worked well for co-ops. It shifted control over important decisions from the community to government.
- The Province is reviewing the SHRA under its Affordable Housing Strategy. All the signs are that the Provincial Strategy will give municipalities even more power to decide how they will run the SHRA program and treat co-ops.
- We need to ensure that municipal politicians support an approach to program administration that respects community control.

CREATING MORE CO-OP HOUSING

- Under the Affordable Housing Program (AHP), municipalities share responsibility for building new affordable housing with senior levels of government.
- Municipalities get to decide which new affordable housing projects will be built under this program.
- We need to ensure that municipal politicians support developing more co-ops under the AHP.

Here's what your co-op can do during the municipal election campaign.

MAKE SURE CO-OP MEMBERS VOTE

Not only do Municipal Councillors make important decisions that affect your co-op, your members are their constituents. Municipal representatives have to know that the co-ops in their ward will hold them accountable.

The co-op vote can be critical

- Only about thirty percent of eligible voters actually vote in municipal elections. This means that every vote carries a lot of weight.
- There are over 125,000 people living in housing co-ops across the province. These votes can make a big difference in election results. We need to make sure that co-op members raise housing issues during the election campaign and that as many co-op members as possible get out to vote.

GET THE WORD OUT

Please take the time to distribute the enclosed pamphlets to all the units in the co-op. And talk to your neighbours about the importance of this election.

MEET AND GREET CANDIDATES

Encourage your members to:

- Set up face-to-face meetings with candidates in their campaign offices. Use the enclosed pamphlet to raise co-op housing issues with candidates when they knock on your door.
- ✓ Invite candidates for building tours and introduce them to co-op members.
- Join with other co-ops in your area to hold a "meet and greet" for invited candidates.
- Tell their individual success stories about what co-operative housing has meant for them.

Go to all-candidates' meetings

Encourage your members to ask questions of candidates.

Two key questions:

- If elected, will you ensure that your municipality takes an approach to administering the SHRA program that supports community-based decision-making in co-ops?
- ✓ Will you make building more affordable housing, particularly co-ops, a priority?

Background information

Encourage your members to check our website www.chfcanada.coop. There is a great deal of background material there to help you speak up for co-op housing.



PLEASE STAY IN TOUCH

Let us know how the campaign is going in your co-op. Tell us about the response you get from candidates. For more information call your local federation or CHF Canada's Ontario Region at 1-800-268-2537 (416-366-1711 in Toronto); ask for Harvey Cooper (x 237) or Simone Swail (x 238). Or e-mail hcooper@chfcanada.coop or sswail@chfcanada.coop.





Save the date! 2010 Fall Education Program

Fall Education Event Saturday, November 20, 2010 Metro Hall

This event is very popular. Join us for an exciting day of workshops and discussions with co-op members from across Toronto and York Region

There will be three workshops to choose from in the morning and three workshops to choose from in the afternoon. Your registration fee will include lunch.

Watch for more information soon. Workshop descriptions and registration forms will be mailed to your co-op.

Money Management Program

We are very excited to be teaming up with Alterna Savings to offer a new program. This one-evening workshop will be useful to anyone who is feeling a financial squeeze and wants to learn how to make their money stretch further. You do not need to be a member of Alterna to attend this workshop.

We will be offering this workshop at 3 locations this fall. Choose between Downtown Toronto, Scarborough and York Region.







Information meetings

These meetings will give interested students, their parents and guardians the opportunity to have their questions answered about the scholarship program and the application process. The meetings will be held at

Downtown

Wednesday, October 6, 2010 at 7:00 p.m. Hugh Garner Housing Co-operative in the meeting room 550 Ontario Street Toronto, Ontario M4X 1X3

Etobicoke

Thursday, October 14, 2010 at 7:00 p.m.
Barsa Kelly/Cari-Can Co-operative Homes in the meeting room
1 Coin Street
Toronto, Ontrario M8V 3Y9

York Region

Tuesday, October 26, 2010 at 7:00 p.m.

William Lyon Mackenzie Housing Co-operative in the meeting room 299 Mullen Drive, Unit 92 ½

Thornhill, Ontario L4J 3W3

Scarborough

Monday, November 22, 2010 at 7:00 p.m.

Campden Green Co-operative Homes in the meeting room 70 Alford Crescent, Unit 1

Scarborough, Ontario M1B 3L7

Downtown

Wednesday, December 8, 2010 at 7:00 p.m. Windmill Line Co-operative Homes 125 Scadding Avenue, 10th floor meeting room Toronto, Ontario M5A 4H8

The 2011 deadline is Wednesday, January 26, 2011 at 4:30 p.m.

Please contact Angela Calderone at angela@coophousing.com or call 416 465-8688 extension 206 with any questions.



The Diversity Scholarship Program is a joint project of CHFT and the CHFT Charitable Fund.



Since 2004 the CHFT Diversity Scholarship Program has distributed \$500,000.

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A Thanksgiving's Day Story

MRS. TURNER'S PUMPKIN PIE

By Judy Solomon

When I get off the school bus and there's a chocolate smell coming from Mrs. Turner's back porch, I can tell that she's been baking. If I hop up on the bench at the bus stop, I can see whatever she's been cooking sitting on her porch rail to cool.

"Come on over, Jonathan, and have a cookie," she will call to me. Then while I'm eating cookies and drinking milk, I tell Mrs. Turner about my day at school. Sometimes she shows me a letter or a new picture and tells me about her grandchildren.

One day Mitch and Jo-Jo got off the school bus at my stop so we could play soccer in the field behind Mr. Marshall's store. "Hey, what's that smell?" asked Mitch.

"It smells great!" said Jo-Jo. "It's coming from over there."

Mrs. Turner had been baking again but this time it didn't smell like chocolate. The smell was more like Mom's cinnamon toast. We all walked over to Mrs. Turner's fence. Mitch and Jo-Jo went into the backyard, and Mitch climbed up on Mrs. Turner's porch. "It's a pumpkin ple," he whispered. "Let's take it!" Mitch passed the warm pie down to Jo-Jo and jumped off the porch.

"Hey, put the pie back!" I said.

"What's the matter?" asked Mitch. "Are you a chicken?"

Mitch and Jo-Jo made chicken noises. "Bawk, bawk." Mitch flapped his elbows up and down.

Could I let them call me a chicken? "Give me that pie," I said. Jo-Jo handed me the pie, and I carried it all the way to the soccer field.

When we got there, we broke the pie up in pieces and ate it. Mitch and Jo-Jo picked up the pie pan and tossed it like a Frisbee. Next, they stepped on it. Finally, they stopped and looked at me. I stepped on the pie pan, too.

After that and for the rest of the afternoon, we played soccer. Just before dark, I walked home through the woods. I didn't want to pass Mrs. Turner's house because my friends and I, we don't have time for old ladies!

That night I lay in bed with the lights off and remembered the time I got sick at school. The nurse couldn't find my mom, and Mrs. Turner came to the school and picked me up. I started thinking about the pumpkin pie and wondered whether she made that whole pie for herself. Maybe her family was coming after all and the pie was for them.

I woke up early the next morning, even though it was a teacher workday and there wasn't any school. I found Mom already up and hard at work in the kitchen. She put a platter of pancakes and bacon on the table, and I piled food on my plate.

"I'm going to visit Mrs. Turner today," I said with a full mouth.

"What was that?" asked Morn.

I swallowed. "I said, 'I'm going to visit Mrs. Turner today."

"That's very sweet of you. I'm afraid she's often lonely, what with her family living so far away."

"I think her family might be coming this year."

Mom smiled. "I hope so, but if they can't make it, would you invite her to eat Thanksgiving dinner with us?"

"Sure." I moved the last piece of pancake around my plate.
"By the way, how do you make pumpkin pie?"

"Most of the ingredients are things we already have, like eggs and flour. The only thing we would need is some canned pumpkin," said Mom.

I ran upstairs and got the money saved from my allowance. I pushed it down in my coat pocket. I slipped downstairs and out the front door, and then I walked down the street to Mr. Marshall's store.

"Good morning," said Mr. Marshall.

"Good morning," I said. "Do you have any canned pumpkin?"

"On the day before Thanksgiving?" Mr. Marshall chuckled.
"We have a whole display of canned pumpkin. It's at the end of aisle two."

I found the pumpkin and carried it to the cash register. As I felt around in my pockets for the money, I remembered the pan. "Do you have pie pans?"

"Aisle six, row three."

Mr. Marshall rang up the order and said, "That will be \$4.89, please." I had to use almost all my money to pay him.

On my way to Mrs. Turner's house, I wondered what I was going to say to her. She came to the kitchen door with a smile. "Is that you, Jonathan?" she asked. "Come on in here. It's cold outside."

I told her what happened the day before.

"I was looking out the window when those boys came," said Mrs. Turner. "I saw you with them."

"I'm sorry, " I said and handed her the pumpkin and the bag with the new pie pan.

She sat the pumpkin on the counter and looked in the bag. "What happened to the old pie pan?" she asked.

"You don't want to know," I said and looked at my shoes.

"Fair enough. Will you stay and help me make a new pie?"

I stayed a long time, and we made two pies. Mrs. Turner said I could take one home for my family's Thanksgiving dinner, and I asked if she would use the second for her family and their Thanksgiving dinner. Mrs. Turner smiled a little and told me that none of her family was coming for Thanksgiving this year. She picked up the second pie and looked at it. She said, "I will probably have to freeze half of my pie."

That's when I remembered what Mom had said about inviting Mrs. Turner for Thanksgiving dinner. "Will you come and eat with us?" I asked her.

"Why, Jonathan, I'd love tol"

"You're not going to tell my parents what I did, are you?"

Mrs. Turner didn't answer for a while. Finally, she said, "I don't - 9 - think that will be necessary."

Poems and Quotes on Thanksgiving Day!

"He who thanks but with the lips Thanks but in part; The full, the true Thanksgiving Comes from the heart."

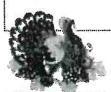
-J.A. Shedd

"For flowers that bloom about our feet;
For tender grass, so fresh, so sweet;
For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!"

-Ralph Waldo Emerson

"Without Thy sunshine and Thy rain We could not have the golden grain; Without Thy love we'd not be fed; We thank Thee for our daily bread."

[Anonymous]



"Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name. For the Lord is good..."

[Psalm 100:4, 5a]

"Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow."

-Edward Sandford Martin

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

-John Fitzgerald Kennedy

"Thanksgiving, after all, is a word of action."

-W.J. Cameron

"Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude."

-E.P. Powell

"Praise God even when you don't understand what He is doing.

-Henry Jacobsen

Do You Want To Make The Switch From Coffee To Tea?

Source: Jenn from Steeped and Infused



For many people it really can be quite easy and be a rather quick transition. However, there are some of us that find it quite challenging. The hardest cup of coffee to give up is the morning one, so here are some suggestions to increase the amount of tea you want to consume.

The comment that I hear the most often is that people really need their caffeine or energy boost in the morning. I completely understand....l need a swift kick into gear some mornings, ok most mornings! Yerba Mate is an excellent way to get the boost that you need. It is an herb from South America that is known to be a natural source of caffeine and is also very high in nutrients. Yerba Mate is a healthy beverage that delivers a balance of energy and nutrients. The stimulant found in tea is different than that in coffee. It is called theine, which gently stimulates the central nervous system. It provides a gradual and sustainable lift in energy and you will not find yourself crashing a short while after consuming your cup of tea.

I also receive comments on taste and texture. Coffee does have a certain taste and especially texture to it that can be hard to replicate in tea. I often recommend Monk's Blend or Earl Grey de la Crème to start since they both offer a slightly creamier texture than other black teas at Steeped and Infused. Both are excellent with a splash of milk and drop of honey. I tend to alternate between the two for my morning tea. If you would rather not have a flavoured tea, one of our Breakfast Blends would be an excellent choice or our Assam Rani Estate. If you are a latte lover, you can also use your favourite tea to make your latte. Instead of using water to steep your tea, use steamed milk. We suggest increasing the amount of tea you use to 2 tsp per 6oz cup. I would encourage you to try out a few different teas to see what suits you best. You may find that you will have a selection of two or three that you alternate between in the morning. Of

course, you can always drink any type of tea in the morning, including something that does not contain caffeine, if you are looking to completely eliminate it from your diet.

Lastly, if you are not ready to give up the morning java, that's ok, we won't hold it against you! You can always start drinking tee throughout the day. If you are someone that consumes coffee throughout the day, start having a tea at a time where you would have a coffee. Gradually decrease the amount of coffee you consume and increase your tea intake. Once you experience the amazing taste of loose leaf tea and the variety of delicious blends available, the relaxing and soothing effect this ritual can offer you physically and mentally, you will be hooked on tea!

To fully enjoy your cup of tea it is very important that proper steeping methods are used. Below is a guideline to follow for various types of tea, however there are a few additional thoughts to keep in mind.

Water quality and temperature is very important. Use filtered water whenever possible and do not boil water twice.

Tea leaves need room. Ensure that you have the right size of infuser or filter as you want to allow room for your leaves to expand. Rule of thumb is to use 1tsp of tea per 6oz of water, however your personal tastes preferences will dictate how much tea you use.

Taste: if you like your tea stronger, steeping your leaves longer than recommended is not the solution. Increase the amount of tea you use per cup.

Most importantly have fun with your tea! The perfect cup will depend on your personal flavour and strength preferences. Don't hesitate to experiment with different flavours and do some of your own custom blending.

Steeping Instructions

Black Teas	Use 1 tsp of tea per 6oz cup. Steep for 3-4 minutes in boiling water.
Green Teas	Use 1 tsp of tea per 6oz cup. Steep for 1-3 minutes in water that has not reached boiling point; 80 C. Never use boiling water for green teas. Doing so will result in a bitter tea as will steeping for longer than recommended time. Rule of thumb is use water when steam begins to rise. Most green teas can be infused multiple times. Your second and third cups are just as delicious as the first, if not more so.
Yerba Mate	Use Itsp of tea per 6oz cup. Water should never be boiled, only brought to a steam and then allowed to cool for 2 minutes prior to infusion. Using boiling water will result in a bitter tea and destroy the rich vitamin content of Yerba Mate. Allow tea to steep 2-5 minutes.
Herbal Blends	Use 1 heaping tsp of tea per 6oz cup. Steep 5-7 minutes in boiling water.

Web Site: http://steepedandinfused.com

An Apple a Day!

Enjoy the Fall Season's Freshest Pick
-- By Becky Hand, Licensed & Registered Dietician



Recently, I was standing in front of a beautiful display of apples at a local grocery store. A very puzzled gentleman asked me which apples were for pies. His wife had given him the shopping list, but had not explained which type of apple to buy. If this sounds familiar, then read on.

Fall, the apple-picking season, is here! Whether you pick your own at an orchard, support your local farmer's market or shop at the grocery store—with so many varieties available, anyone can get confused.

Here's an easy guide to help choose the best apples for your needs, whether baking, cooking, or just simply eating.

- For eating straight from the basket, crisp, juicy, and tangy varieties are best. Red Delicious is the most popular eating apple, but if you prefer a denser, tarter snack, try a Granny Smith, or a softer-fleshed McIntosh. Or check out the distinctive tastes of local farm varieties like Newton, Pippin, Macoun, or Sweet Sixteen.
- To make applesauce, McIntosh is moist and flavorful. Cortlands and Braeburns also make good choices.
- When baking, Rome apples are recommended because they hold their shape well. You can also try Fuijis, which are sweeter, wetter, and have a spicy flavor.
- In pies, a mix of apples is best. Include Golden Delicious for sweetness and good shape, a tart apple like Granny Smith, and some flavorful varieties like Pippin, Winesap, Crispin and Jonagold.
 - Prepare your apple dishes just before serving to minimize browning. <u>Protect cut apples from oxidation</u> (which causes them to turn brown) by dipping them into a solution of one part citrus juice and three parts water.

When selecting apples, look for:

- A shiny skin. Dull appearing apples will not be as crisp or as tasty.
- Your apples should be firm and free of bruises and punctures.

• Once you bring them home, keep your apples refrigerated. Fruit bowls are beautiful, but your apples will not stay crispy for long on the countertop. In fact, they will last 10 times longer when refrigerated.

And if by chance your apples should become soft and mushy, don't throw them out! Peel, core, and slice them. Place the apple slices in a microwave dish. Sprinkle lightly with some brown sugar and cinnamon. Cover and microwave on high for 3-5 minutes, until your desired degree of tenderness is achieved. Serve warm. YUMMY!

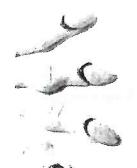
And finally...does an apple a day really keep the doctor away? Perhaps! Apples are filled with disease-fighting properties.



They can help:

- lower blood cholesterol
- improve bowel functioning
- reduce your risk of stroke, prostate cancer and diabetes.

So get your fill of apples this Fall, while they're bountiful, affordable, and in-season. Warm cider, anyone?



Creepy Witch's Fingers

Gross everyone out with these creepy cookies. Scary, but yummy!

Ingredients

1cup (250 mL) butter, softened
1cup (250 mL) icing sugar
1 egg
1tsp (5 mL) almond extract
1 tsp (5 mL) vanilla
2-3/4 cups (675 mL) all-purpose flour
1 tsp (5 mL) baking powder
1 tsp (5 mL) salt
3/4 cup (175 mL) almonds
1 tube (19 g) red decorator gel, (blood for fingers)

Preparation:

In bowl, beat together butter, sugar, egg, almond extract and vanilla; beat in flour, baking powder and salt. Cover and refrigerate for 30 minutes.

Working with one quarter of the dough at a time and keeping remaining dough refrigerated, roll heaping teaspoonful (5 mL) of dough into finger shape for each cookie.

Press almond firmly into end for nail. Squeeze in centre to create knuckle shape; using paring knife, make slashes in several places to form knuckle.

Place on lightly greased baking sheets; bake in 325°F (160°C) oven for 20 to 25 minutes or until pale golden. Let cool for 3 minutes. Lift up almond; squeeze red decorator gel onto nail bed and press almond back into place, so gel oozes out from underneath. Remove from baking sheets; let cool on racks. Repeat with remaining dough.

ARTS ENTERTAINMENT

Poems

Drawings

Photographs

Book and Movie Reviews

What's Happening



Family Friendly Halloween Movies Horror Movies for Adults and Kids

The Nightmare Before Christmas

By Len Cannon, Hub Pages

Don't get confused like my father was: Tim Burton's stop-motion masterpiece is not for Christmas. The Nightmare Before Christmas is a perfect children's movie for Halloween. Bordering the fine line between child-like whimsy and genuine creepiness, this is the perfect scary movie for kids that parents can enjoy, too.

Featuring some gross-out imagery sure to get some giggles from the preteen crowd. But this film also features surprising song and dance numbers written and composed by Danny Elfman. You wouldn't think it, but the spontaneous singing never does anything to detract form the spooky feel of the film. Kids will love gross monsters and weird plot while adults will appreciate the beautiful animation and clever writing.

Suggested for: Kids 8+



