

**February 2010**

**The Magazine**

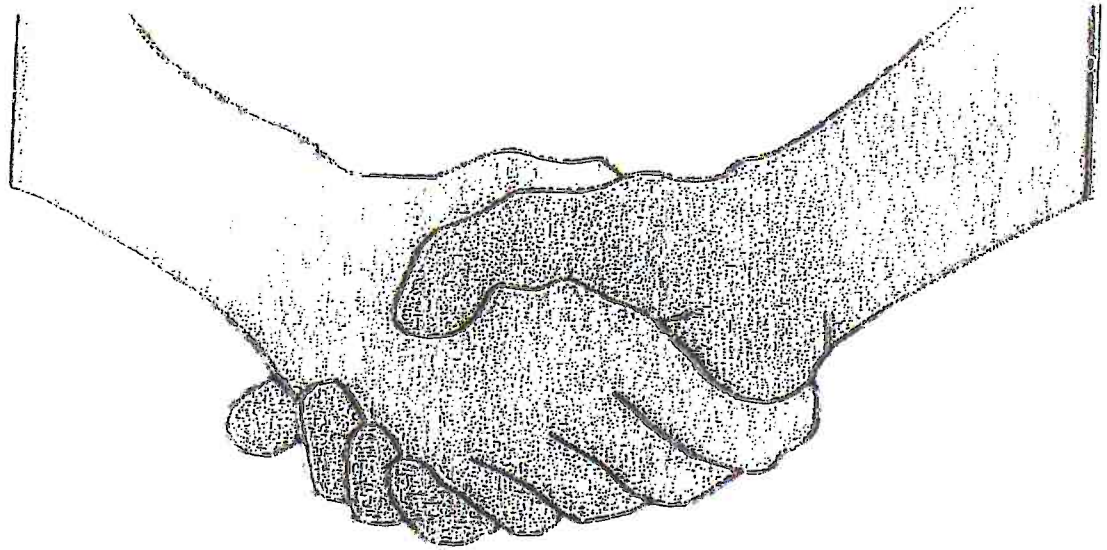


# Thurlestone News



**Happy Valentine Day**





**Mission Statement**

**To promote Unity and Participation  
To Inform and Entertain**

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**Committee Members**

Heike Heinze Wilks	1803
Luci Walwich	2206
Elaine Richard	2407
Jewel Stephen	2208

**Acknowledgements:** Thanks to all those who helped make this issue possible. Special thanks to Jewel Stephen for the cover and Did You Know Notes, Melanie Lyle for the Maxine cartoons and Peterson Stephen for the "In Honour of Love". A Very special "thanks" to Alba Salsona who delivers The NewsMagazine each month.



*Notes from the Editor*

*My husband and I are back from our vacation in Germany, and I can tell you that it was quiet cold there. Not to compare at all with the mild January here in Toronto. Let's hope the next few months won't make up for all the freezing we didn't have yet.*

*Anyway, I am looking forward to Valentine's Day. Because I am German, it's a new thing for me to send and receive these kinds of love notes. But I like it a lot and I just found out that the U.S. Greeting Card Association estimates that approximately one billion Valentine cards are sent each year worldwide.*

*Please find in this issue my article about Fair Trade. We never had so many starving people on our planet as today. With Fair trade everybody can contribute to making this world a little bit better.*

*Good to be back home!*

*Your editor  
Heike Heinze Wilks*





## Holidays in Canada in February 2010

- ♥ **Groundhog Day** (Tuesday, February 2, 2010)
- ♥ **Valentine's Day** (Sunday, February 14, 2010)
- ♥ **Chinese New Year** (Sunday, February 14, 2010)
- ♥ **Family Day** (Monday, February 15, 2010)
- ♥ **National Flag of Canada Day** (Monday, February 15, 2010)
- ♥ **Louis Riel Day** (Monday, February 15, 2010)
- ♥ **Islander Day** (Monday, February 15, 2010)
- ♥ **Carnival/Shrove Tuesday** (Tuesday, February 16, 2010)
- ♥ **Ash Wednesday** (Wednesday, February 17, 2010)
- ♥ **Prophet's Birthday** (Friday, February 26, 2010)
- ♥ **Heritage Day in the Yukon** (Friday, February 26, 2010)
- ♥ **Purim** (Sunday, February 28, 2010)



### Groundhog Day

It is Celebrated on February 2nd. It is said that if the groundhog sees his shadow, there will be six more weeks of bad weather, and if he doesn't, that spring will be here soon.

### Family Day

Family Day is observed in the Canadian provinces of Alberta, Ontario and Saskatchewan on the third Monday of February.

This holiday celebrates the importance of families and family life to people and their communities.



Source: *The Holiday Spot*





## GROUNDHOG DAY

Groundhog Day was inspired by an old Scottish couplet: "If Candlemas Day is bright and clear/  
There'll be two winters in the year."

How groundhogs got a reputation for predicting weather patterns is a mystery, because they are not the least bit interested in their shadows or the number of winter weeks remaining. The only reasons they come out of hibernation are for food and sex.

German settlers in Punxsutawney, Pa., are said to have started the tradition of watching if a groundhog sees its shadow in 1887, thus the fame of Punxsutawney Phil, the first underground rodent given credit for predicting winter's future course.

In Canada, it was 1956 before Warton Willie became a household name for his early February prognostications. Warton is a pretty town of 2,300 on the Bruce Peninsula between Lake Huron and Georgian Bay.

This being an expansive nation, there are other groundhogs in other jurisdictions. Nova Scotia has Schubencadie Sam, who's the first in the country to rear his head on Groundhog Day.

Then the tradition makes its way across our time zones, moving on to Warton Willie and Gary the Groundhog in Ontario, Brandon Bob in Manitoba and Balzac Billy in Alberta.

The original Warton Willie, an albino groundhog said to be 22 years old, died during hibernation in the winter of 1998-99. The good burghers of Warton discovered this to their horror just before Groundhog Day 1999.

Willie's death made headlines around the world.

On Groundhog Day, they put Warton Willie face-up in a small pine casket, bright pennies over his eyes, paws clutching a raw carrot. But it was a

paws clutching a raw carrot. But it was a fake!

Turns out the real Warton Willie was so disgustingly decomposed he couldn't be put on display, so they found a stuffed facsimile and laid it in the casket.

"We didn't try to hide the fact that he was stuffed," said Tom Ashman of Warton Willie's publicity team. "If the media had been doing their job they would have seen the stitches on the belly." But, why fake it? "People needed closure," Ashman explained.



Groundhogs are woodchucks, members of the squirrel family, marmots, sometimes called "whistle-pigs." They are not the sharpest knives in the drawer. When nervous, they emit a high-pitched squeal, which might as well be an embossed dinner invitation to predators who follow the squeal until they find and eat the groundhog.

So how did they gain a reputation for predicting weather? Fact is, they aren't very good at it. The people of Warton insist their Willie was accurate 90 per cent of the time, but what do you expect them to say when the Groundhog Festival attracts 20,000 free-spending tourists to the town every February?

Scientific studies show groundhogs are accurate only 37 per cent of the time, which means you'd do better flipping one of the pennies that covered ol' Warton Willie's eyes.

Loyalists insist that Warton Willie possessed an uncanny ability to predict because he was born exactly on the 45th parallel, midway between the Equator and the North Pole.

Source: Cornell University



*Love verses, penned by famous poets from all over the world*

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of Being and ideal Grace.  
I love thee to the level of every day's  
Most quiet need; by sun and candle-light.  
I love thee freely, as men strive for Right;  
I love thee purely, as they turn from Praise.  
I love thee with the passion put to use  
In my old griefs, and with my childhood's faith  
I love thee with a love I seemed to lose  
With my lost saints,—I love thee with the breath,  
Smiles, tears, of all my life!—and, if God choose,  
I shall but love thee better after death.

*Elizabeth Barrett Browning*

All love, at first, like generous wine,  
Ferments and frets until 'tis fine,  
But, when 'tis settled on the lee,  
And from th' impurer matter free,  
Becomes the richer still the older,  
And Proves the pleasanter the colder

*Samuel Butler*

I love thee, I love thee,  
'Tis all that I can say;  
It is my vision in the night,  
My dreaming in the day.

*Thomas Hood*





**BOARD OF DIRECTORS MEETING  
THURLESTONE CO-OPERATIVE INC.  
22 Fishleigh Drive, Unit 3  
Scarborough, Ontario, M1N 1G9**

January 12<sup>th</sup>, 2010

**Present:** Lucy Walwich, Lois Logie, Gillian Smith, Shannon Doyle, Pam Syvret,  
And Diana Hogan (Staff), Melanie Lyle arrived 7:20 p.m.

**Regrets:** Melina Purificato

**Absent:** Travis Simmons

**Recording Secretary:** Pam Syvret

**Chair:** Gillian Smith

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1. **Call to Order**

Meeting was called to order at 7:10 p.m.

2. **Approval of Agenda**

MOTION TO APPROVE the agenda as amended with the addition of Alba's letter under New Business.

MOVED by Lois. SECONDED by Luci. CARRIED.

3. **Adoption of the Minutes from Dec 16th, 2009**

MOTION TO ACCEPT the Minutes of Dec 16th, 2009 as amended.

MOVED by Lois. SECONDED by Shannon. CARRIED.  
1 Abstention-Gillian Smith-as she was not present at the meeting.

4. **Business Arising from the Minutes of Dec 16<sup>th</sup>, 2009**

Christmas party was good

5. **Confidential Section**-See Confidential Section

6. **Co-ordinator's Report**

6.1 **Administrative Update**

6.1 (a) Vacation, sick & timesheet report- Final for 2009 for information purposes and new 2010 report.

- 6.1 (b) Board agreed for Diane to take ½ day on Friday January 15<sup>th</sup> and if necessary Monday January 18<sup>th</sup> 2010.
- 6.1 (c) Board agreed that Diane should attend the Multifamily Energy Efficiency Rebate Program and the cost is free. We are only interested if they are willing to pay the full cost of a project.
- 6.1 (d) 2010 Winter Education Event – Saturday, January 30<sup>th</sup> 2010.
- 6.1 (e) Quote for increased annual insurance premiums if co-op increases its deductible. The consensus was to leave the policy unchanged.
- 6.1 (f) Some Co-op Additional Staffing Solutions
- (i) The wage Subsidy Program has a full six months of funding 60% of the wages of any new permanent full-time hires
  - (ii) Board agrees to keep Corlene Ward every Wednesday at a cost of \$80.50 each or \$322/ a month until just before the summer student program resumes again – at which time we could rehire Corlene for full-time during the summer at full subsidy of min. wage
  - (iii) Look at cost during budget process of hiring part-time administrative assistant to see if it is financially feasible.

**6.2 Maintenance Update**

- 6.2 (a) Lois motions to approve for new fridge and stove for Unit 1801 Luci 2nds, for a total cost of \$954.85. CARRIED.

**7. Committee Reports**

7. (a) Recruitment Drive for New Members for Committees Needing Help
7. (b) Quick Reference Guide for Board of Directors (Articles 5 & 6 of Organizational Bylaw).

**8. New Business-**

8. (a) Approval of 1<sup>st</sup> Quarter Financial Statements for period June 1/09 to August 31<sup>st</sup>, 2009 Motion by Luci, 2<sup>nd</sup> by Shannon. CARRIED. Gillian abstained.
8. (b) Donations for patio furniture for our barbeque – to ask for donations in Newsletter
8. (c) Letter from Alba asking for awnings for top floor balconies. Diane is going to speak with the Engineer concerning feasibility and cost.



9. Date of Next Meeting - Tuesday, February 2<sup>nd</sup> 2010
10. Adjournment at 10:00 p.m.

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Gillian - President

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Lucille Walwich-Director



## Notes from the Co-ordinator's Desk



### **GARBAGE, RECYCLING, AND FURNITURE REMOVAL**

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#### **Regular Garbage:**

All regular garbage should be disposed of in tied garbage bags so that we avoid spillage of food products that will attract rodents and bugs. Please note that the garbage bins at both Fishleigh and Folcroft are emptied on Mondays and Thursdays (usually early mornings). If the garbage bins are overflowing, you must not attempt to dispose of your garbage into these bins but are asked to hold onto your garbage in your units until the bins are emptied. Members have tried to dispose of garbage in full bins and this garbage spills over, gets broken and blows all over the property.

We then have to hire the maintenance contractor to clean up the spilled garbage and these costs for this unbudgeted clean-up can increase housing charges. Therefore, please do not dispose of your garbage bags unless they fit into the bin with the lids able to close tightly. Also, please do not dispose of your items loosely into the bins as this causes unused air pockets of space in the bins.

#### **Recycling:**

All authorized recycling materials must be placed in the blue bins. These bins are emptied once/week on Wednesdays (collection day varies during holidays) and these bins must not be over stuffed, as the excess waste lands onto the ground below. Our buildings then begin to look very untidy and uninviting. If your recycling bin is overflowing, please first try to rearrange the items to make room, and if no room is available, then please take your items back to your unit until after the next collection. Many times we have found boxes not flattened and taking up half

the bin space. This improper use of the bins is unfair to all of the other members who share the bins as well. Anyone seen disposing of boxes unflattened will be asked to remove their boxes promptly in order to dispose of them properly.

#### **Furniture:**

Please note that furniture is to be placed inside the fenced-in furniture compound at Folcroft or within the designated furniture spot south of the green bin at Fishleigh. Do not place your furniture items at the curbside but only at the designated collection locations. Furthermore, you must pre-arrange a collection date. You may place your furniture out for collection one day before your collection date. You can arrange for free furniture collection and receive a collection date by calling Miller Waste at 905-513-2716. Folcroft members are instructed to place their items inside the furniture compound neatly in front of the shed within the fenced area. Please do not throw



your items into this area loosely but please stack or place your items neatly. Fishleigh members are to neatly stack or place their items beside and just south of the garbage bin on the asphalted/lawn surfaces between the bin and the hydro pole. Items should not be at the curbside at the base of the lawn as this will attract further dumping.

**Electronics, Household Hazardous Waste, and Healthcare Waste:**

Please follow the instructions that are attached that were provided by the City of Toronto concerning the proper disposal of Household Hazardous Waste, Healthcare Waste, and electronic equipment. Do not place these items in the garbage bin, the recycling bin, or within the designated furniture collection location.



**CHILDREN TOBOGGANING**

It's that wonderful time of year when children love to

have fun in the snowy conditions.

While we want the children to really enjoy their winter season, we must take steps to ensure that they enjoy this season safely.

Regrettably, our co-op does not have any safe hills for tobogganing because our hills all end at either a brick wall of one of our buildings or the city street. This poses a serious safety concern for our co-op children, given that our hills on our property are not suited for safe tobogganing. In the past, children have tobogganned down 16 Fishleigh's hills and have landed on the street. They have also tobogganned down 18 Fishleigh's backyard hills, starting at their highest point and riding down into the fence, or over the retaining wall, or down the hillside stairs and landing at the side of the building. This is very dangerous!

We must caution all members, their households, and their guests that these slopes located on or beside co-op property are neither suitable nor safe for tobogganing. Furthermore, children could injure

themselves and/or cause damage to co-op property. Although we want the children to really enjoy their winter activities, we must make sure that they can do so safely while on co-op property.

Therefore, please be advised that the Co-op cannot assume any liability for any damage that occurs to its property or injuries to its residents or guests resulting from tobogganing on or around co-op property. Anyone tobogganing on or around Co-op property will be held fully liable and/or responsible for any accident, damage, or injury resulting to persons and/or property.

Let's help to keep this winter season safe and enjoyable for all of our Co-op residents and guests!



**SNOW SHOVELLING & SALTING**

Please be advised that the co-op keeps a supply of ice-melting pellets on hand at both the Fishleigh and Folcroft locations. If any of

our buildings run short of ice-melting pellets for their respective stairs or walkways, please contact the Co-op Office to arrange for delivery of additional pellets.

If a snowfall occurs resulting in at least two or more inches of snow accumulation, our snow plowing contractors will come to clear the snow from our parking lots as soon as possible. They will also provide nightly salt patrols of our parking lots during icy conditions and will lay salt in these lots when and where necessary. If additional parking lot service is required due to severe weather conditions, please notify either the Co-op Office during business hours at 416-261-1110 or contact your Parking Lot Co-ordinators for after hours' assistance. The Fishleigh Parking Lot Co-ordinator is Shari Kiewel of Unit 4, 24 Fishleigh Drive and the Folcroft Parking Lot Co-ordinator is Karen Harvey of Unit 2D.

We would strongly encourage every member to make use of the ice-melting pellets and the snow shovels, located in the

vestibules of each building, whenever you find your walkways snow-covered and/or slippery. Keeping your walkways clear and safe is every member's responsibility. You have not approved the costs of hiring contractors for stairs and walkways and so that is every members' responsibility to ensure their own safety and that of their neighbours.

Any help you can give in this matter will be greatly appreciated by everyone!



### MUDDY BOOTS

Our co-op carpets need your help! During wet seasons a great deal of mud is tracked into the hallways of the buildings and becomes imbedded into the carpets. This contributes to premature wear and tear of our co-op carpets. It also makes considerably harder work for those members vacuum these carpets. From the Fall to the Springtime every year, we rent carpets so that you can

wipe your feet on these when entering your building. These carpets are exchanged weekly for clean ones as part of the rented service. Therefore, in order to extend the life of your co-op common area carpets and to help make the vacuuming job a little easier, please remember to wipe your feet on the rented mats before stepping foot on the co-op carpeted common areas. Your help in this regard is greatly appreciated!

Also, please note that boots are not to be stored in the common hallways outside member units, as this presents a potential life safety hazard in that they could cause trips and falls in the event of a fire.



### LOCKER STORAGE TIPS

Please be advised that all members are responsible to ensure that your items are contained within your



assigned lockers and that there are locks on your locker doors.

It is important to store all of your items within the confines of your locked locker, not only for your own insurance purposes, but also because any items stored within co-op common areas, locker room corridors or laundry rooms, are deemed to be a contravention of the Ontario Fire Safety Codes and must be removed promptly. If your items are found to be stored outside of your locker space in the common areas, or the locker corridors, or laundry rooms, your items may be disposed of by the Co-op without further notice, so as to ensure ongoing fire safety for all of the co-op residents.

Lastly, on occasion there have been leaks inside locker rooms due to unforeseen plumbing emergencies or other drainage issues. It is in your best interests to ensure that you take steps to protect your goods, i.e. by storing your items in plastic containers as this may help to alleviate or prevent some types of damages. Also, we recommend that you make

sure that you have adequate insurance for your contents both within your units and within your locker spaces to protect yourselves from losses resulting from events such as flooding, fire, theft, etc.

Should you wish any further information on this matter, please do not hesitate to contact the Co-op Office.



**OFFICE OPEN HOURS:**  
Please note that the Co-op Office is open regularly from:

**Monday to Friday,  
1:00 p.m. and 4:00 p.m.**

The Office is closed to members and to the public every morning Monday to Friday. To reach the Co-ordinator during weekday mornings, please call 416-261-1110 and leave a message. Please note that morning and some evening appointments are available upon request.

**EMERGENCIES:**  
If you have a maintenance emergency and it is an evening, weekend, or holiday, or the

Office is closed and you have not received a prompt response to your message left at the Co-op Office, then please either call the

**On-Call Pager  
416-441-8360**

**Or**

**Contact Your Building  
Board Member for  
assistance.**

**See Board Listing in this  
Newsletter Issue.**

*Diana Hogan  
Co-ordinator*

# Household Hazardous Waste (HHW)

HHW materials are harmful to humans, animals and the environment if not handled properly.

Common HHW products that must **not** be put in the garbage, poured down a drain or poured into sewers include:

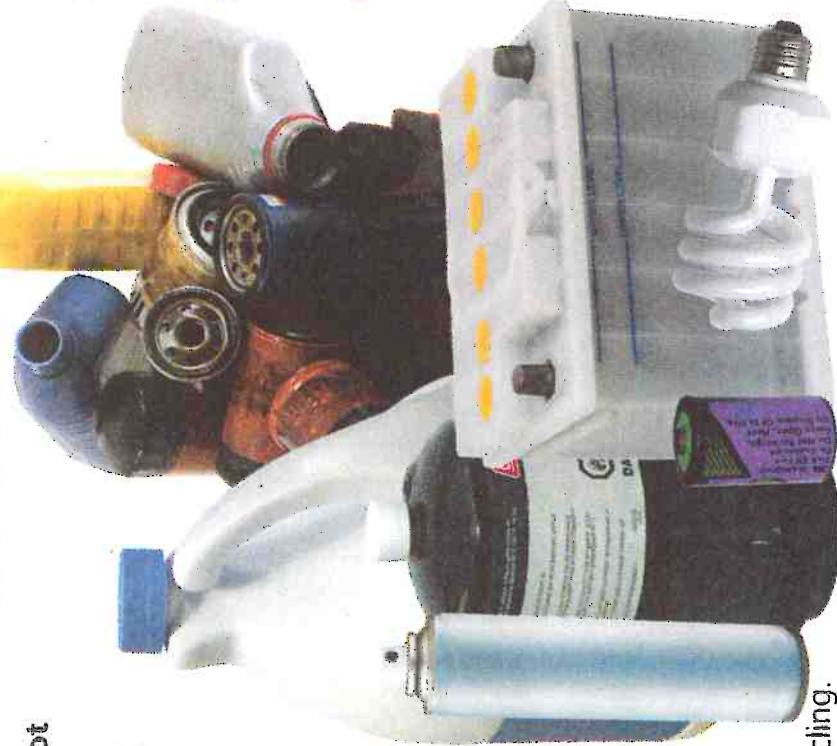
- ◆ Aerosol cans (not empty)\*
- ◆ Batteries (all types)
- ◆ Bleach, cleansers
- ◆ Fertilizers & pesticides (herbicides, insecticides, fungicides)
- ◆ Fluorescent tubes and compact fluorescent bulbs
- ◆ Gasoline, oil, antifreeze
- ◆ Helium & propane cylinders/tanks
- ◆ Medications, syringes
- ◆ Mercury thermometers/ non-electric thermostats
- ◆ Paint\*, varnish, solvents
- ◆ Empty aerosol cans (remove and discard caps) and empty paint cans with the lids separated go into recycling.



## DISPOSAL INSTRUCTIONS

- You have three disposal options for HHW:
- ◆ Take it to a Drop-off Depot listed on the back cover;
  - ◆ Take it to your local Community Environment Day event. For more information, see April; or
  - ◆ Call Toxics Taxi which provides free pick-up of 10 to 50 litres of HHW materials from Toronto residents. Call **311** to book an appointment.

Return products in their original containers, properly sealed and labelled. Don't mix different types of paint or products together and don't leave products in your car trunk for long periods of time, particularly during hot weather.



FRANÇAIS	CHINESE	ITALIANO	TAMIL	PORTUGUÊS	ESPAÑOL
Ne PAS mettre les piles, la peinture, les dissolvants, pesticides ou produits nettoyants aux déchets ou les verser dans un drain. Ces matières sont nocives pour l'environnement et pour notre système d'aqueduc. Appeler le 311 pour obtenir de l'information sur l'enlèvement sécuritaire de ces déchets.	切勿把電池、油漆、溶劑、殺蟲藥或清潔劑丟棄在垃圾袋或倒入排水管。這些物質會危害環境及我們的食水系統。有關安全棄置這些物品的資料，請致電 311。	NON gettate batterie, vernici, solventi o detersivi nell'immondizia e NON immetteteli nelle fognature. Queste sostanze danneggiano l'ambiente e il sistema idrico. Chiamate il 311 per sapere come disfarvene in modo sicuro.	பிழித்தெரிவதை, வர்ணத்தை, கரைப்பானை, கிருமிகொல்லிகளை, கழுவிடுகளை/கொத்தெரிப்புகளை பிளாஸ்டிக் கழிவுகளில் அல்லது கழிவுநீரில் கலக்கக்கூடாது. இத்தகைய பொருட்கள் சமூக சுற்றுச்சூழலுக்கும், நீர் வழங்குதல் திட்டம் அமைப்புகளுக்கும், இயந்திரங்களை பயன்படுத்துபவர்களுக்கு ஆபத்து ஏற்படுத்தும்.	NÃO coloque baterias, tintas, solventes, pesticidas nem produtos de limpeza na lixeira ni los vierta por un desagüe. Estos materiales dañan el medio ambiente y nuestro sistema de distribución de agua. Llame al 311 para obtener información sobre la eliminación segura.	NO ponga pilas, pinturas, disolventes, pesticidas o productos de limpieza en la basura ni los vierta por un desagüe. Estos materiales dañan el medio ambiente y nuestro sistema de distribución de agua. Llame al 311 para obtener información sobre la eliminación segura.













## Board Members

The following is a list of the Co-op Board members. You may contact them in case of an emergency if you have had no response from the on-call pager.

Building 18-Melina Purificato – 1814

Building 22-Lois Logie – 2201

Folcroft- Shannon Doyle – 5A

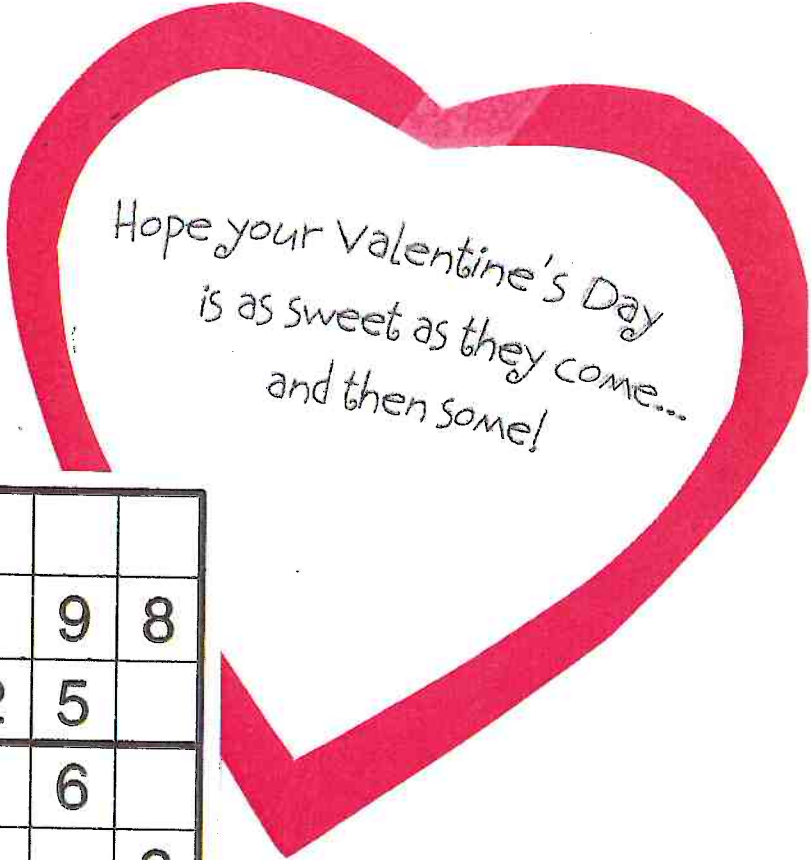
Melanie Lyle – 4C

Luci Walwich -3B

Pamela Syvret – 1A

## SUDOKU

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



Hope your Valentine's Day  
is as sweet as they come...  
and then some!

Answers on page 19



# Dog Diaries ...written by Dogs, for Humans.



Psst... We need to talk about an embarrassing subject - POOP!!! I know that I will never be able to use the toilet and therefore must go outside to do my business. However, it is really important that you pick up my poop as soon as I deposit it. It is part of responsible pet ownership, which you agreed to when adopting me.

I would hate to have one of the neighbours step in it, as that's just gross. I will then feel ashamed and they'll be upset with both of us. Also, it encourages other animals including cats, foxes racoons and other wildlife to deposit their poop as well. We certainly don't need those characters leaving piles everywhere as they don't have human owners to clean up after them.

Another reason to pick up IMMEDIATELY is that we can get into trouble as the Co-op's Pet Policy states "you must clean up all droppings you're your pets that are deposited on Co-op property" and City of Toronto's By-Law 349-16 - Removal of Excrement states "Every owner of a dog shall immediately remove excrement left by the dog on property anywhere within the City."

We know that nobody wants to talk about poop so lets make sure there isn't any around to talk about!

## Welcome to New Members

**Bridget Maloney-1801**

**Kelly Herrmann 1805**


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





# February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	Membership 9:15 am
7	8	9	10	11	12	13
14 Chinese New Year Valentine's Day	15	16	17	18	19	20
	Family Day	Board 7:00 pm	Finance 7:00 pm		News Magazine 7:30	
21	22	23	24	25	26	27
			Finance 7:00 pm		News Magazine 7:30	
28					Muhammad's Birthday	

# It's a Boy!

Kai Brennan

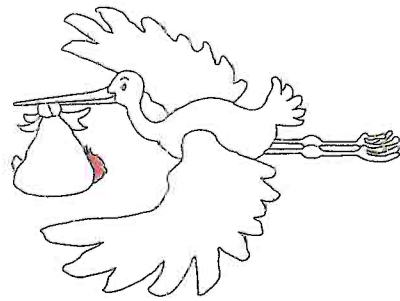
Born Jan. 17

7 pounds 13 ounces

to

Shannon and Matt

Unit 2C



## Wanted

We are looking for patio tables and chairs for the backyard area of Folcroft to be used for our Work Day barbeques and other functions. If you have any tables or chairs you would like to donate, please contact Diana @ 416-265-1649





## What You Should Know About Fair Trade?

### What does Fair Trade mean?

The Fair Trade movement is a global network of producers, traders, marketers, advocates and consumers focused on building equitable trading relationships between consumers and the world's most economically disadvantaged artisans and farmers in developing countries. When a product carries the Fair Trade Mark it means the producers and traders have met Fair Trade standards. The standards are designed to address the imbalance of power in trading relationships, unstable markets and the injustices of conventional trade.



The Fair Trade Labelling Organizations International (FLO) set four standards for Trader Organizations which make sure that traders who buy directly from fair trade producer organizations must:

- Pay at least a price to producers that at least covers the costs of sustainable production (the Fair Trade Minimum Price)
- Pay a premium that producers can invest in development (the Fair Trade Premium)
- Partially pay in advance, when producers ask for it.
- Sign contracts that allow for longterm planning and sustainable production practices.

As a result, the producers are not affected by market fluctuation and are better able to improve social, economic, labour and environmental conditions.



Label of FLO



TransFair Canada Mark

While FLO sets the standards and supports producers in meeting them, a separate certification company, FLO - CERT, regularly inspects and certifies producers and traders against the standards.

### Why should we buy Fair Trade products?

Every individual is a citizen of the world and member of the global economy! Also as one individual, you can make a difference in the lives of many small-scale farmers and artisans in developing countries currently living in poverty.

Fair Trade offers consumers a powerful way to reduce poverty through their every day shopping. Buying Fair Trade products helps these producers struggling to improve their lives and plan for their future. Even if you shift just 5% of your household budget for food and clothing to products from Fair Trade businesses, you will make already a big difference in the lives of artisans and small farmers in developing countries.

**“Did you know that one cup of fair trade coffee costs 1 cent more...? And allows the producer to earn up to 3 times more!”**

### How is the market for Fair Trade products doing?

Fair Trade developed over 60 years ago. The first things on the Fair Trade market were handmade products, crafts and artwork. Today the label is available on thousands of products in around 50 countries and Fair Trade is an ever-growing market. By the end of 2008 there were 746 certified Fair Trade producers worldwide and over 2,700 companies were licensed to use the Fair Trade Mark on products. Over 7 million people directly benefit from the Fair Trade certification system (including producers and their dependents).

### Can we buy Fair Trade products in Canada?

Every year, a growing number of Fair Trade Certified products are available in Canadian stores, restaurants, and cafes. Look for the Fair Trade Certified Mark of TransFair Canada on products. TransFair Canada is an independent, non-profit certification body and is a member of FLO.

The following Fair Trade products are available in Canada: cocoa, coffee, cotton, flowers, fresh fruit, rice, quinoa, shea butter, spices, sports balls, sugar, tea, and wine.

*By Heike*

Sources: FLO, Fair Trade Federation, Fair Trade Resource Network, Transfair, Environment Canada

## Warning Signs of a Stroke

**Weakness** Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

**Trouble Speaking** Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

**Vision Problems** Sudden trouble with vision or blurriness, even if temporary.

**Headache** Sudden severe and unusual headache.

**Dizziness** Sudden loss of balance, especially with any of the above signs.

## Recognizing a Stroke

The “3” Steps for recognizing a stroke, **STR**

You can recognize a stroke by asking three simple questions:

1. **S** -- Ask the individual to SMILE.
2. **T** -- Ask the person to TALK and SPEAK A SIMPLE SENTENCE (coherently) (i.e. It is sunny out today.)
3. **R** -- Ask him or her to RAISE BOTH ARMS.

If he/she has trouble with ANYONE of these tasks, call the emergency number immediately and describe the symptoms to the dispatcher.

Another sign of a stroke is to ask the person to stick out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.



## January Quiz

Submit your answers to the Newsletter box at the office or to one of the NewsMagazine members to win. The most correct answers wins, but in the case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the NewsMagazine. Entries must be submitted by January 19<sup>th</sup>. Good luck.

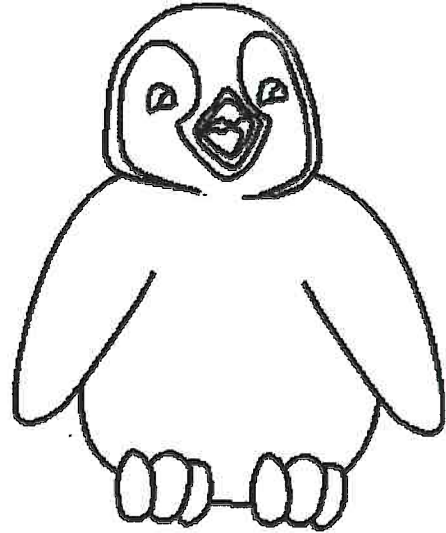
Name \_\_\_\_\_ Unit \_\_\_\_\_

Unscramble the letters to find the words in our

# Winter Anagram

Hidden Word (circled letters):

snowflakes



wnos

snow

arcfs

scarf

mensitt

mittens

neverereg

evergreen

tsorf

frost

atekss

skates

egish

sleigh

inupeg

penguin

clod

cold

sircp

crisp

## February Quiz

Can you match these famous couples? Answers to the quiz must be submitted by February 19<sup>th</sup> to one of the NewsMagazine Committee or the NewsMagazine box in front of the Office door. Good luck.

1. Lancelot and \_\_\_\_\_
2. Al Gore and \_\_\_\_\_
3. Romeo and \_\_\_\_\_
4. John F. Kennedy and \_\_\_\_\_
5. Adam and \_\_\_\_\_
6. Ken and \_\_\_\_\_
7. Desi Arnaz and \_\_\_\_\_
8. Mickey Mouse and \_\_\_\_\_
9. Elvis Presley and \_\_\_\_\_
10. Samson and \_\_\_\_\_
11. George Burns and \_\_\_\_\_
12. Humphrey Bogart and \_\_\_\_\_
13. Paul Newman and \_\_\_\_\_
14. Clark Kent and \_\_\_\_\_
15. Brad Pitt and \_\_\_\_\_
16. John Lennon and \_\_\_\_\_
17. Sonny Bono and \_\_\_\_\_
18. Antony and \_\_\_\_\_
19. Spencer Tracey and \_\_\_\_\_
20. Ward Cleaver and \_\_\_\_\_



Name \_\_\_\_\_ Unit \_\_\_\_\_



# Humour Me

## All About Love and Marriage

First guy (proudly): "My wife's an angel!"

Second Guy: "You're lucky, mine's still alive."

Marriage is grand—and divorce is at least 100 grand.

When a man opens the door of his car for his wife, you can be sure of one thing: either the car is new or the wife is new.

Bachelors should pay more taxes, they enjoy a better quality of life.

Why does the government not allow a man to marry two women? It is unconstitutional to be punished twice for the same mistake.

If you do not have a wife, you are missing something in your life.

If you do have a wife, you are missing so many things in your life.

Marriage is a three ring circus: engagement ring, wedding ring, suffering.

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

When a newly married couple smiles, everyone knows why. When a ten-year married couple smiles, everyone wonders why.

My wife told me I should be more affectionate. So I got two girlfriends.

Husband to wife: "No I don't have your relatives. In fact, I like your mother-in-law better than mine."

A man said his credit card was stolen but he decided not to report it because the thief was spending less than his wife did.

Love is blind—but marriage is an eye-opener.

Words to live by: Never argue with a spouse who is packing your parachute!



# In Honour of Love

*A collegian was deeply in love with a foreign girl, whom he wanted to marry, but he did not have the courage to talk to her in person. So he decided to go home and with the aid of a dictionary, wrote a letter of proposal to her.*

THIS IS WHAT HE WROTE ...

My Darling

Most worthy of your estimation, after a long consideration and much meditation, I have a strong inclination to become your relation.

As to my educational qualification, it is no exaggeration or fabrication, that I have passed my matriculation, no doubt without any hesitation and very little concentrated preparation.

What do you say to the solemnization of our marriage celebration according to the population of the present generation?

On your approbation of this application, I shall make preparation to improve my situation, and if such obligation is worthy of consideration and commiseration, it will be an augmentation of the joy and exultation of our joint dissimulation.

Thanking you in anticipation, with much admiration and sincere devotion.

I remain,

A victim of your fascination

The girl replies:

Dear Mr. Victim of my fascination,

Congratulations for your lengthy narration, of course, full of affection, aimed at an affliction for a combination, which on examination, I find it a fine presentation of your co-operation, but your inclination to become my relation should embrace more qualification so that you may attain my high position.

You have passed the matriculation examination with little concentration and preparation. What about my graduation after much concentration and botheration?

So improve your situation in education and make an application by acquisition of post graduation, the minimum qualification for the consideration of our marriage celebration.

After your education, attend the convocation and before taking your photo for circulation, undergo certain beautification.

Further, strict observation of the following conditions is the regulation for determination of our relation:

1. Consultation with my parents before approaching for any connection.
2. Communication of your confirmation that you are not a victim of "any other" fascination, and finally,
3. Procreation must not be your recreation.

In anticipation of solid action of continuation of proper conversation.

I remain,

Unaffected by your (fascination)affection,

*The term "to wear your heart on your sleeve" originated in the Middle Ages when young men and women drew names from a bowl to see who their Valentines would be which they would then wear pinned on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.*



# Whole heart strategies

1. Find a friend to walk with every day.
2. Take the stairs at work.
3. Ride a bike three times a week.
4. Take the stairs at the subway.
5. Get off the bus two stops early and walk.
6. Take the dog to the park instead of the back yard.
7. Eat fish at least one or two times a week.
8. Eat 5 -10 servings of vegetables and fruit a day
9. Drink less coffee.
10. Cook with vegetable oil instead of butter.
11. Cut down on sweet desserts, like ice cream, chocolate and cookies.
12. Have a banana or other fruit instead of muffins.
13. Pick a quit smoking date.
14. Cut down smoking starting tomorrow.
15. Ask my partner or room-mate to smoke outside.
16. Join a quit smoking group.
17. Breathe deeply when stressed out.
18. Get my blood pressure checked.
19. Find 10 minutes just for me every day.



Love Your Heart!



## 2010 CHFT Diversity Scholarship Application

CHFT recognizes that the strength of its membership is in the many cultures and identities represented within its co-ops. CHFT encourages applications from these diverse communities.

### Our Goal

The purpose of the CHFT Diversity Scholarship is to recognize people living in co-ops who are actively promoting diversity through work within their community. We want to help them with their post-secondary education by providing them with award money, credit counseling and employment services.

### The Scholarships

This year we have 10 scholarships available. You could be eligible for scholarships in four different categories.

We will award scholarships to students graduating from high school and entering college or university. We also offer scholarships for students who are currently enrolled in college or university or are returning to college or university after a break.

We will also be awarding the *Dexter Johnston Scholarship*. This scholarship recognizes a young person who has shown exceptional leadership in their school and community.

This year for the first time we will award the *Randy Padmore Scholarship*. This scholarship recognizes an individual who takes an active role in mentoring young people.

We will also be awarding the *Success Becomes You Scholarship*. This scholarship recognizes people who are determined to succeed at the post-secondary level or in a skilled trade and who did not have the opportunity to finish high school due to family, financial or other circumstances.

658 Danforth Avenue, Suite 306, Toronto, Ontario M4J 5B9  
Telephone: (416) 465-8688 Fax: (416) 465-8337 E-mail: [info@coophousing.com](mailto:info@coophousing.com)  
Web site: [www.coophousing.com](http://www.coophousing.com)



## Eligibility

### Applicants must

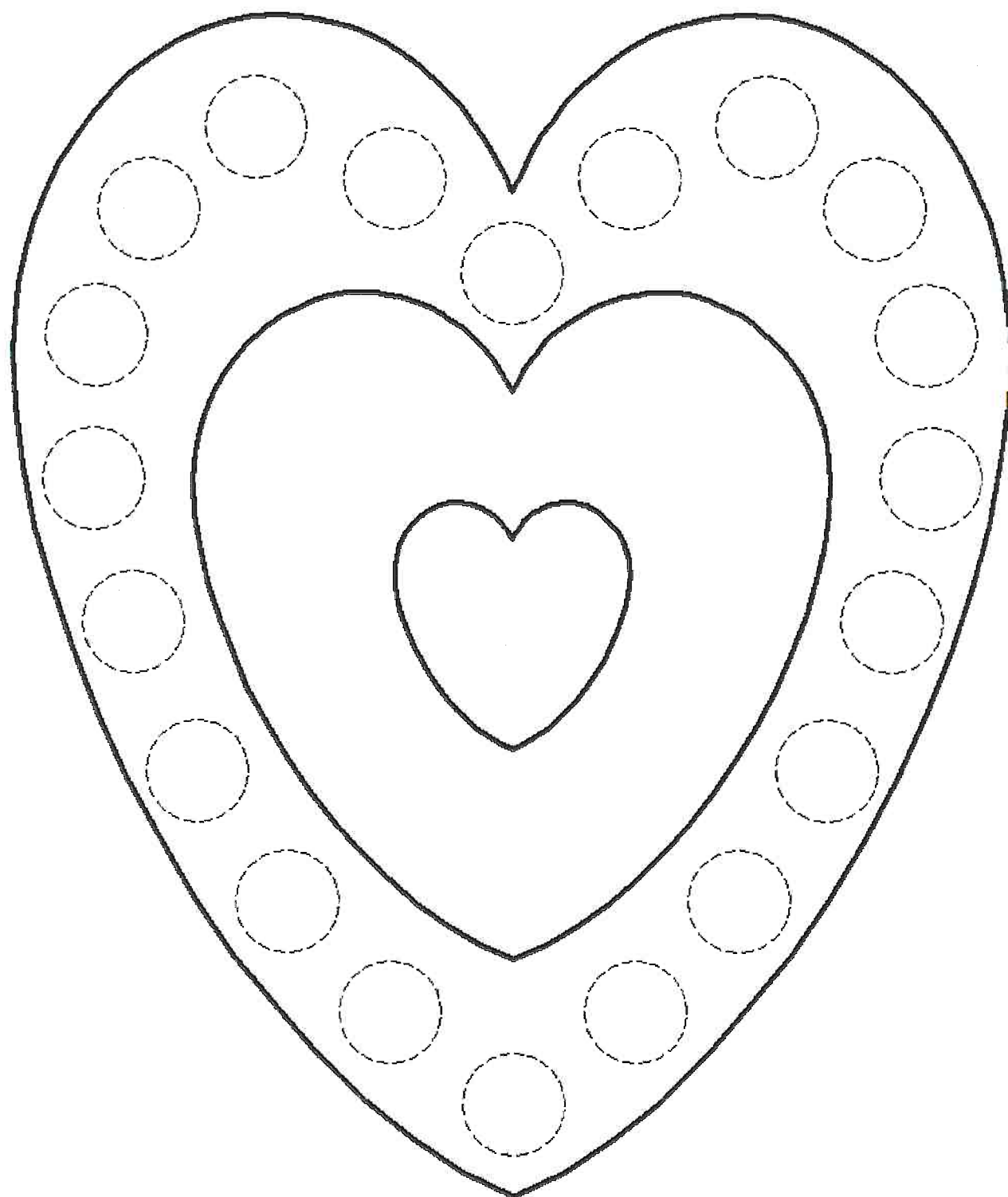
- be living in a CHFT member co-op
- be planning to attend a recognized, publicly funded, Canadian community college or university or approved apprentice training program on a full-time basis in the 2010/2011 academic year
- have used their knowledge and understanding of diversity to make a positive contribution to their school and/or local community
- have a demonstrated financial need.

Please fill out the application clearly. Your essay should be word processed. Remember to gather all the required documents from their sources ahead of time.

**Important information:** Before completing this application, please contact Angela Calderone at 416 465-8688, extension 206 to make sure you are eligible.

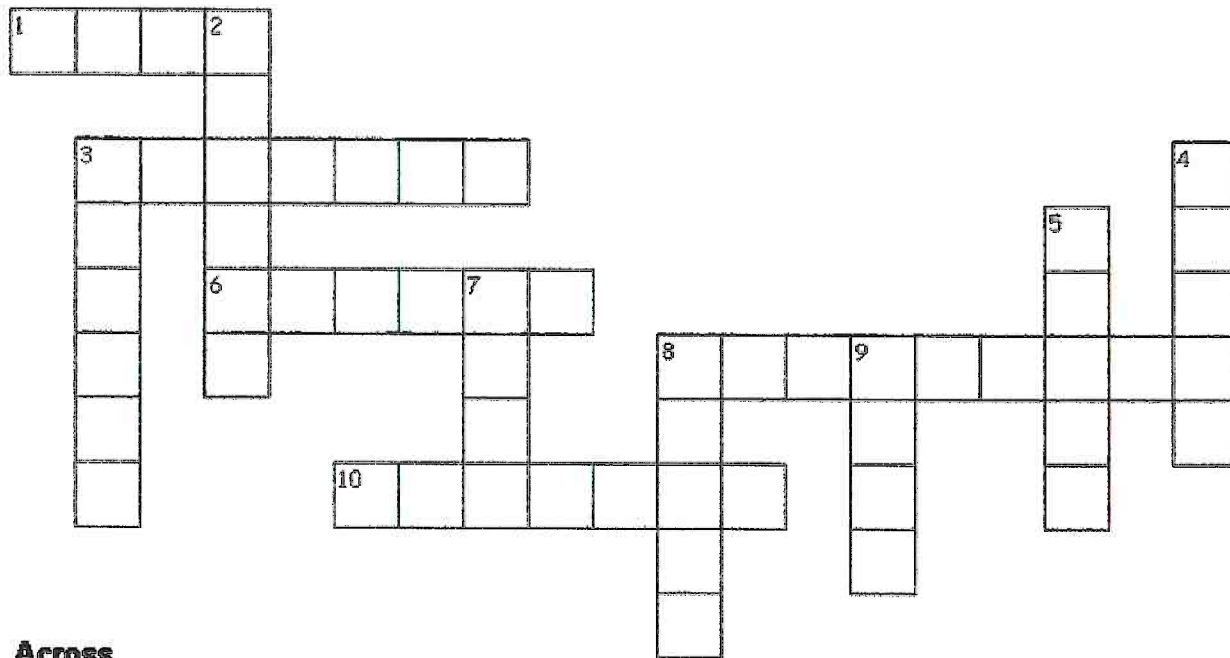
## Winter According to Maxine







# Valentine's Day Crossword



## Across

1. \_\_\_\_\_ and kisses.
3. They smell pretty.
6. On Valentine's Day you should hug and \_\_\_\_\_ with your loved ones.
8. Special treat loved by all.
10. Wrap it up and tie it with a bow.

## Down

2. Another word for kiss.
3. My best \_\_\_\_\_.
4. Delicate, red flowers (with thorns).
5. Valentine's Day shape.
7. I \_\_\_\_\_ you.
8. Sugary treat.
9. Sign it and give it to a friend.

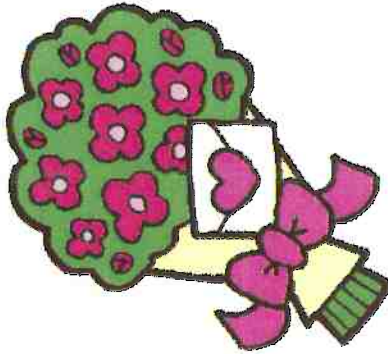
candy, card, chocolate, cuddle,  
flowers, friend, heart, hugs, love,  
present, roses, smooch



# Valentine's Day Word Search

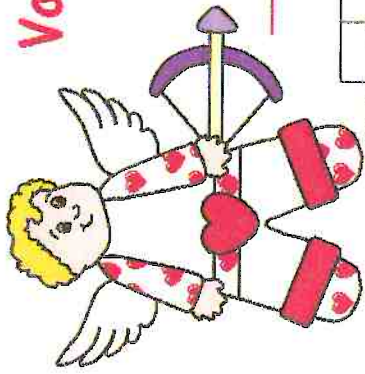
C D H P Y E F S R A Y S G U H  
 K H C E M G N T O M F E L K M  
 D A O D A U S N S K L S T U T  
 P N S C G R M L E I O S G X D  
 P O E G O T T N S W I R X H  
 V C L I E L D D U C E K A C F  
 F E G Y R Q A C Q A R V O R O  
 W U L H Q F A T T X S O O Z H  
 C A N D Y R L T E T M O N L O  
 U J L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

candy  
 card  
 chocolate  
 cuddle  
 flowers  
 friend  
 heart

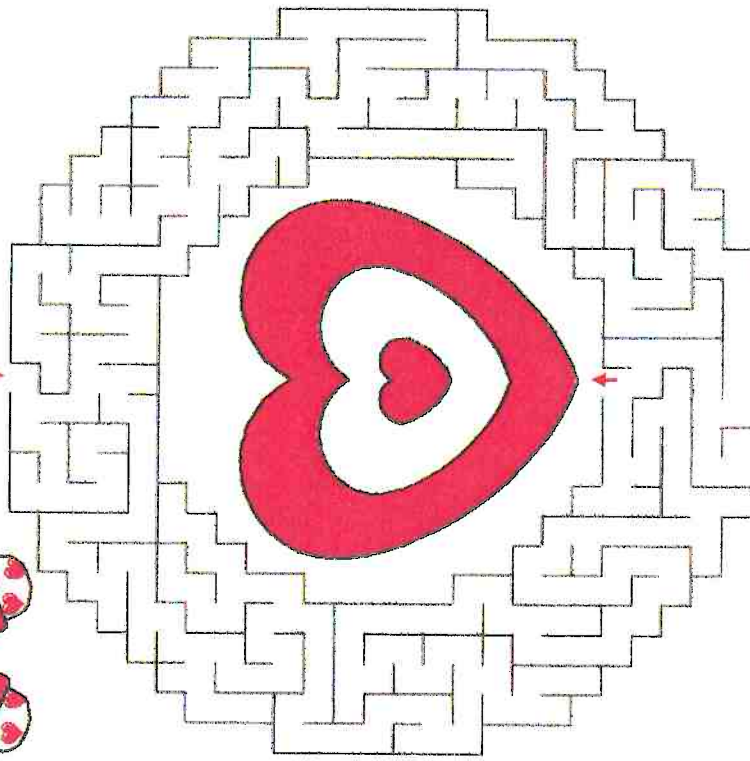


hugs  
 kisses  
 love  
 roses  
 smooch  
 snuggle

# Valentine's Day Maze



Help cupid aim  
 for the heart.







# Feedback

Congratulations! Me! Me! (alias Peterson Stephen – 1808) won the adult quiz. Sorry, not winner for the Children's Quiz. Please submit this month's quiz answers to a member of the Committee, or deliver it to the black box by the Office door by February 19<sup>th</sup>. Good luck everyone.

Well, the Unit Inspections have finally started. As I write this, I have already finished the Folcroft building. People were good about getting the forms in, so I didn't have to do too much harassing to get dates and times from people and everything went very smoothly. We will be starting Building 16 next. Oops, already started as some people were really anxious to get those forms in and get it over with. I am hoping we will be finished by the end of February. (Well we can dream, can't we?)

Finance is working hard to complete the budget for the March membership meeting. I have to admire their dedication and hard work as I can barely balance my cheque book each month.

February being Heart Month, make sure you take care of yours.

According to the Chinese calendar, this is a lucky year for all tigers.

I know that at least 65 of the 69 households in this Co-op have computers and internet. So my question is: Why aren't more people getting their NewsMagazine on-line?? If you would like to be included in this elite group call Diana and have your name added to our list. We do not sell your name to outside parties or use it for any other purposes. In fact I do not know your e-mail addresses, only Diana has access to this information. So why not go for it? It's quick, it's easy and it's cheap.

*Luci*

