

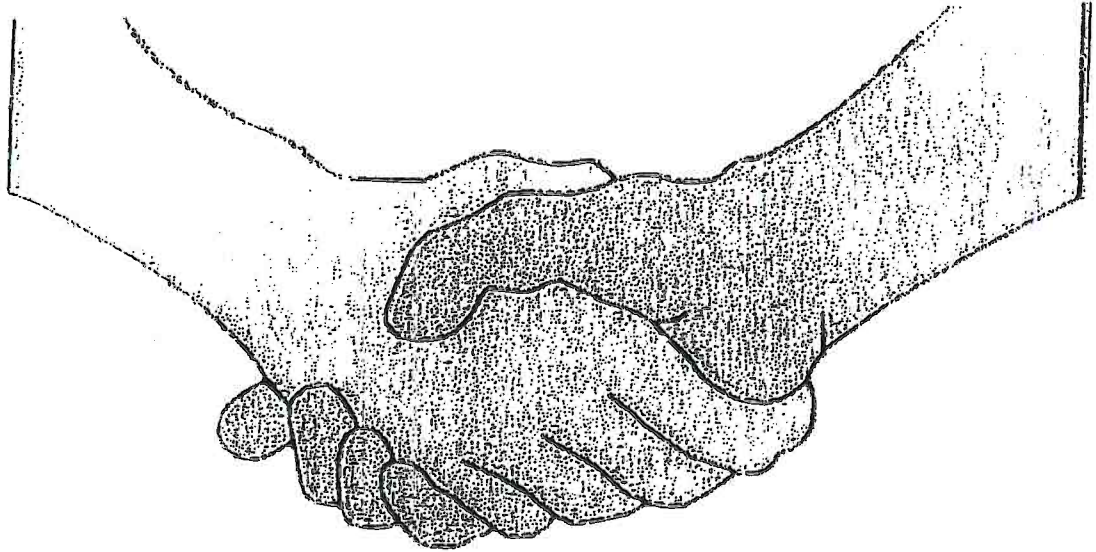


# Thurlestone

**NewsMagazine**

**January 2010**





### **Mission Statement**

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

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#### Committee Members

Heike Wilkes - 1803  
Luci Walwich - 3B  
Elaine Richard - 2407  
Jewel Stephen - 2208

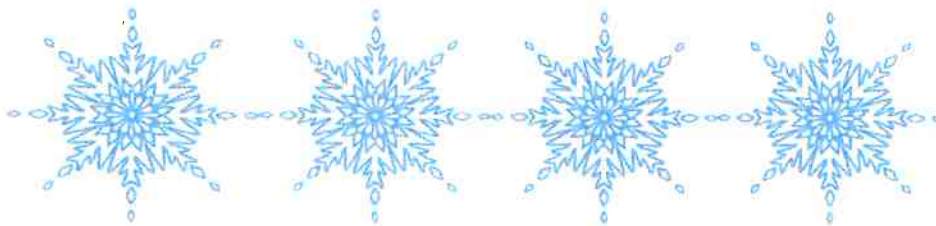
**Acknowledgements:** Thanks to all those who helped make this issue possible, especially Alba Salsona for distributing the NewsMagazine.



## Notes from the Editor

### The Editor is Out!

**Heike is enjoying a trip to Germany,  
visiting relatives and friends.  
She will be back for the next edition.**



SUDOKU

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Answers on page 10

## **QUICK FACTS ABOUT NEW YEARS**

### **Most popular New Years**

**Resolutions include ; losing weight, too exercise more, too quit smoking and too spend less.**

### **About 40-45% of adults make New Years Resolutions**

**The tradition of making New Years Resolutions was started by the early Babylonians. They would make offers to the Gods to change behaviors in the upcoming year in hopes that the Gods would grant them blessings such as a bountiful harvest.**

**Robert Burns wrote the lyrics to "Auld Lang Syne" in the 1700s. It is now the most popular song sung at New Years.**

**The tradition of having fireworks on New Years Eve originated in ancient times from the belief that fire and noise were believed to dispel evil spirits.**

**In ancient times people believed that they could affect the year they would have by what they ate. Cabbage was believed to bring prosperity**

## *The Take of Robert Burns Day...*

Robert Burns; Scotland's national poet was born in Alloway, South Ayrshire. He was the eldest of seven children. He was the son of a poor farmer, country boy and peasant but he had a very high intellect. Burns wrote such poems as "Auld Lang Syne", "Tam O'Shanter", "Address to a Haggis" and many more. He wrote his first published piece titled "Handsome Nell" at fifteen years old. This poem was about a girl whom he had fallen in love with. Robert Burns was fluent in French, spoke Latin, Studied philosophy, politics, geography, theology and the bible. Robert Burns died at the age of thirty-seven after suffering from heart disease. He died the same day that his wife gave birth to his youngest son. Robert Burns has become Scotland's most "famous son" Every year on the day of his birth Scottish people in Scotland and abroad celebrate "Robbie Burns Day" by having a supper where the main dish is haggis; as Robert Burns immortalized haggis in his poem "Address to a Haggis". At this supper there is a formal address made to the Haggis, the ladies and the whiskey.



## What Happened in January?

- 1st—Emancipation Proclamation issued, ending slavery, 1863
- 1st—The first time the ball was dropped in Times Square, 1908
- 2nd—The Canadian branch of the Royal Mint opens in Ottawa, 1908
- 3rd—The first drinking straw was patented, 1888
- 4th—4 wheeled roller skates invented, 1863
- 4th—Author T.S. Elliot dies in London at age 76, 1965
- 5th—Canadian Author Margaret Lawrence takes her life, aged 60, 1987
- 6th—Charles Schulz' comic strip "Peanuts" first appeared in Sunday newspapers, 1952
- 6th—"Wheel of Fortune" debuts on TV, 1975
- 7th—Fountain Pen was invented, 1890
- 7th—George Burns and Gracie Allen are married, 1926
- 11th—Insulin first used to treat diabetes, 1922
- 13th—"Mickey Mouse" comic strip first appeared, 1930
- 14th—Marilyn Monroe marries baseball star, Joe DiMaggio, 1954
- 15th—"Happy Days" begins an 11 year run on TV, 1974
- 17th—Flush toilet invented by Mr. Thomas Crapper, 1861
- 25th—Soda fountain patented, 1870
- 27th—Thomas Edison received patented for electric light bulb, 1880
- 29th—Yonge Street in Toronto officially opened, 1796
- 29th—Poet Robert Frost dies at age 88, 1963
- 30th—Shakespeare's "Romeo and Juliet" was first performed, 1595
- 31st—Timothy Eaton, founder of the Eaton Company, dies, 1907

THURLESTONE CO-OPERATIVE INC.  
22 Fishleigh Drive, Unit 3, Scarborough ON M1N 1G9  
Board Meeting Minutes - Tuesday November 24<sup>th</sup>, 2009

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Present – Diane, Luci, Shannon, Lois, Pam, Melanie (minutes)

Travis arrived at 7:30pm

Regrets- Julie, Gillian, Melinda

Meeting Called to order – 7:15pm

Approval of the Agenda – Lois / Shannon

From the Minutes of October 13<sup>th</sup>, 2009 – We amend the Lois should be listed as Treasurer not Julie

Motion to Approve the Minutes as amended made by Shannon seconded by Lois *carried*

Adoption of Minutes – Lois motioned to approve the minutes. Lucy seconded & Shannon abstained

*Carried*

Business Arising- None

Confidential – See Confidential Section

#### Coordinator's Report

- Diane is requesting that everyone sign the new tax petition
- Discussed the CCHC policy and it was agreed that our policy is fair – Diane did discuss this with membership as well, and reviewed the requirement to prove residency status and found that our current policy is needing revision.
- Diane advised that stimulus package will not provide 1 year staff member as application was denied.
- Defer the Reserve Fund Study
- Omit D as it is a repeat in the agenda

Motion was made to defer the hiring of an admin. assistant until the next meeting

*Pam/Travis – Carried*

Lois and Luci have agreed to be signing officers for the collateral mortgage if approved by the members

Motion to approve emergency repair costs in 1811 pertaining to her ceiling and the leaking roof at 18 Fishleigh.

*Shannon/Lois – Carried*

New Business

Deferred approval of the 1<sup>st</sup> Quarter Financial Statements

8.2) Diane showed the Door Prizes that were given out at the GMM.

Date of Next Board Meeting – December 15<sup>th</sup> 2009

Adjourned – 10:12pm

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Luci Walwich, Acting Chairperson

Melanie Lyle, Recording Secretary





## Notes from the Co-ordinator's Desk



**OFFICE CLOSED  
CHRISTMAS  
AND NEW YEARS**

Please note that the Co-op Office is open regularly from Monday to Friday, between 1:00 p.m. and 4:00 p.m.

During the month of December 2005, the Office will be closed as follows:

### Closed from:

**Thursday, December 24<sup>th</sup>, 2009 to Monday, December 28<sup>th</sup>, 2009**

### Reopening:

**Tuesday, December 29th, 2009**

### Closed Again on:

**Friday, January 1st, 2009**

Page 1 of 2

### Reopening:

**Monday, January 4th, 2009**

If you have a maintenance emergency during the above dates, or during any evening or weekend, please contact the:

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

or contact your nearest Board Representative in your Building for assistance.



### **Christmas Reminders**

It's that special season of the year again and we wish to remind everyone that you must do your part to pick up any debris from your Christmas Tree, Christmas Wreath Pine Needles, or Spruce branches or decorations that fall within the co-op's common areas.

The needles and branches from these Christmas

items can cause damage to our co-op vacuums and the removal of this debris is each member's own responsibility.

When disposing of these trees, please place your trees in the same yard waste designated location at the foot of your lawns at either 16 or 24 Fishleigh Drive, or 2 Folcroft Avenue.

We appreciate and thank you for your co-operation in this matter.



### **ATTENTION: ALL MEMBERS**

Please be reminded that snow shoveling and salting of the walkways and stairs is every physically able members' responsibility to ensure that we have cleared, salted, and safe walkways and stairs around the Co-op. You have elected in your budget that this is a chore

**December 18, 2009 Issue**



that all physically able members will be responsible for in each of their buildings. Shovels and salt are provided in each lobby of every building in the co-op. Please be sure to return your building's shovel to its designated location after each use so that it is always available. Your help in this important matter is really appreciated!



*Have a Safe and Happy Holiday Season!*

*Diana Hogan,  
Co-ordinator*

### Welcome New Members

**Edith Daniel - 3E**  
**Marcia Naitram - 2B**  
**Myriam Caceres - 3C**

**An optimist stays up until midnight to see the New Year in.  
A pessimist stays up to make sure the old year leaves.**

**-Bill Vaughan**



#### Lessons we can learn from a Snowman:

- ❖ wearing white is always in style...even after Labour Day
- ❖ getting outside in the winter is good for your health
- ❖ it's fun just to hang out in your front yard
- ❖ we're all made up of mostly water
- ❖ accessories don't have to be expensive
- ❖ don't get too much sun!
- ❖ if you're a little bottom heavy—hey that's okay
- ❖ you know you've made it when they write a song about you



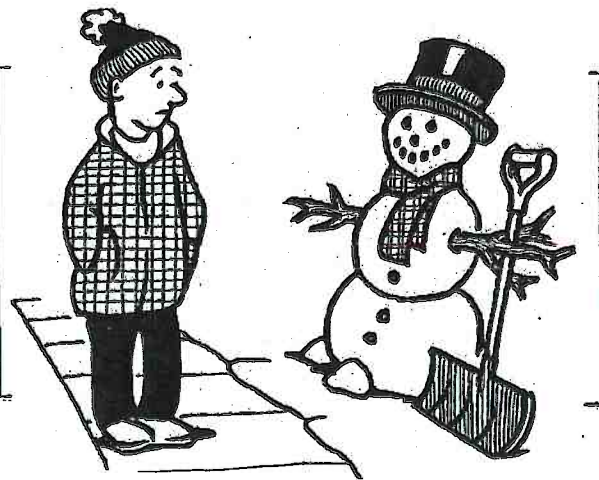
### Time to get rid of your Christmas Tree::

The City will be picking up Christmas trees until the middle of January. Trees may be left on the curbside for pick up. Remember to clean up all the dropped pine needles in the hallways and lobbies when you dispose of your tree. Otherwise everyone will follow the trail to your door and know it was you who made a mess of your building hallways.

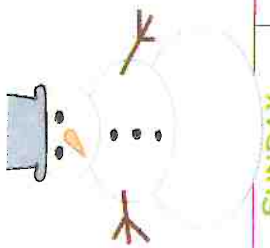
### Snow

The city is prepared to help get us through another winter. Local roads will be cleared between 14 and 16 hours after a storm ends. The major goal is to keep main roads clear for emergency and TTC vehicles. After Transportation Services is satisfied that the main roads are in good shape, they will move to local roads.

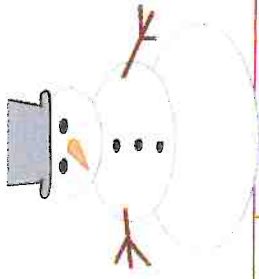
You can help the City's efforts by not pushing snow back onto the road after clearing sidewalks and driveways, and avoid parking on city streets to help the ploughs do their work. Take public transit if possible to lessen traffic on roadways as they are being cleared and salted.



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6	9	5	3	1	8	4	2	7
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# JANUARY-10



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Year's Day	2
3	4	5	6 Epiphany	7 Eastern Orthodox Christmas	8	9
10	11	12	13 Finance 7:00	14	15	16 Membership 9:00am
17	18	19 Board Mtg. 7:00	20	21 NewsMagazine 7:30	22	23
24	25	26	27	28 NewsMagazine 7:30	29	30
31						



## YOUR CO-OP NEEDS YOU!

As the New Year of 2010 approaches, please consider helping out your Co-op.

There are four committees in the Co-op that are in great need of your extra help. Your volunteer help will go a long way to ensuring that the Co-op can continue to offer fantastic top quality co-op housing in a most efficient and effective manner.

If you are not already participating in the Co-op by giving at least 4 volunteer hours each month, please consider helping out on one of the following Committees:

**Membership Committee** – Needs 3 new Members

Contact Chairperson: Peter at 416-264-3024

Next Meeting Date @ Co-op Office - Saturday, January 9<sup>th</sup>, 2010 at 9:00 a.m.

**Finance Committee** – Needs 2 or 3 new Members

Contact Chairperson: Tom at 416-265-7367

Next Meeting Date @ Co-op Office – Wednesday, January 13<sup>th</sup>, 2010 at 7:00 p.m.

**Unit Inspections Committee** – Needs 3 or 4 new Members

Contact Chairperson: Luci at 416-265-1649

**Newsletter Committee** – Needs 2 or 3 new Members

Contact Luci: 416-265-1659

Next Meeting Date @ Co-op Office – Thursday, January 21<sup>st</sup>, 2010 at 7:30 p.m.

# Play the mix-and-match game



Your children can help decide what they want to eat from this chart by mixing and matching options from the Four Food Groups. Breakfast should include three groups; lunch, four; and dinner, four.

Food Groups	Vegetables and Fruit <small>Look for orange and dark green vegetables and fruit</small>	Grain Products <small>Look for 100% whole grain</small>	Milk and Alternatives <small>Look for lower-fat milk or yogurt (2% M.F. or less)</small>	Meat and Alternatives <small>Look for lean meats (10% fat or less)</small>	Oils and Fats <small>Aim for small amounts of unsaturated oils or soft margarine</small>
<b>Meals</b>					
<b>Breakfast</b> Choose 3-4 Food Groups	fresh fruit such as orange, banana frozen fruit such as blueberries 100% fruit juice dried fruit such as raisins vegetables such as baby carrots, red broccoli, red pepper, tomatoes	cereal bread pancakes English muffin, crumpet or bagel pita bread tortilla bagel or bun naan bread rolls pasta rice crackers muffins	cheese (20% M.F. or less) milk - skim, 1%, 2% cottage cheese fortified soy beverage - plain or flavoured yogurt - container, tube or drink	egg peanut or nut butter tuna salmon, sardines lower-fat sliced meat (chicken, turkey, ham) chili baked beans tofu lentil soup hummus almonds, walnuts	non-hydrogenated soft margarine salad dressing as a dip soybean, canola, olive oils
<b>Lunch</b> Choose 4 Food Groups	fresh fruit such as kiwi, apple, grapes, melon dried fruit salad applesauce fruit cup 100% fruit juice vegetable cocktail				

Food Groups	Vegetables and Fruit <small>Look for orange and dark green vegetables and fruit</small>	Grain Products <small>Look for 100% whole grain</small>	Milk and Alternatives <small>Look for lower-fat milk or yogurt (2% M.F. or less)</small>	Meat and Alternatives <small>Look for lean meats (10% fat or less)</small>	Oils and Fats <small>Aim for small amounts of unsaturated oils or soft margarine</small>
<b>Meals</b>					
<b>Snacks</b> Choose 2 Food Groups	100% fruit juice pops cut-up vegetables fresh fruit dried fruit and dried fruit snacks jarred pasta sauce vegetables such as sweet potato, romaine lettuce, baked potato, bok choy, broccoli	crackers pita bread sticks cereal rice - brown or wild pasta tortilla naan bread bannock bread frozen pizza crust rice noodles	yogurt container, tube or drink milk - skim, 1%, 2% cheese (20% M.F. or less) fortified soy beverage - plain or flavoured ricotta cheese, cottage cheese beans - canned or dried such as chickpeas, kidney beans eggs tofu, tempeh lentils	almonds, walnuts hummus dry roasted soy beans, almonds meats: beef, veal, wild game poultry: chicken, turkey fish: salmon, sardines, cod, halibut, flounder beans - canned or dried such as chickpeas, kidney beans eggs tofu, tempeh lentils	soybean, canola, olive oils salad dressing as a dip non-hydrogenated soft margarine
<b>Dinner</b> Choose 4 Food Groups	dark green-leafy lettuces, wild plants fresh fruit such as mango, papaya, pears, plums frozen vegetables 100% fruit juice vegetable cocktails				

Make sure you drink plenty of water each day.

# Make meals a family affair

Your children can learn a lot by being involved in preparing meals and snacks. When they contribute, children feel special and can learn healthy habits for life. It's a perfect time to talk about the Four Food Groups, healthy options and portion sizes.



## Breakfast tips

- **Serve a balanced breakfast** to help control your children's appetite for the day and boost their blood sugar level so they can be active and attentive at school. People who eat breakfast tend to have a healthier weight. Be a good role model – eat breakfast, too.
- **Limit foods that are high in fat and calories**, such as doughnuts and sausages.
- **Dedicate a shelf in the cupboard and refrigerator** for nutritious options such as cold whole-grain cereals, nuts, yogurts, 100% fruit juices that children can reach.

**Make a breakfast** by choosing one option from these three Food Groups:

Grain: slice of whole-wheat toast or whole-grain cereal  
Meat and alternatives: egg or peanut butter  
Fruit: a banana or orange



## Lunch tips

- **Pack a lunch.** Meals made at home tend to be healthier than pre-packaged options.
- **Keep portions small** and easy for younger children to eat.
- **Use a thermos** for leftover pasta or soup.
- **Add a dip** for sliced vegetables and fruit.
- **Vary the outside layer of your children's favourite sandwich** by using pita, bagels, tortilla wraps, whole-wheat bread, naan, bannock bread or rolls.
- **Bake a batch of muffins or oatmeal cookies** for a treat.
- **Pack some water** or 100% fruit juice.
- **Inquire about a school milk program.**

**Make a lunch** by choosing one option from these Four Food Groups:

Grain: pita bread, naan, tortilla, or half bagel  
Meat and alternatives: tuna, salmon or beans  
Vegetable: salad or sliced red pepper  
Milk and alternatives: glass of milk or soy beverage



## Dinner tips

- **Cook extras.** Leftover meats can be used for a delicious fajita meal or mixed with vegetables for stir-fry.
- **Stock up.** Bagged salad, pre-cut or frozen vegetables, frozen whole-grain pizza crust, pasta and pasta sauces can help you make a meal in minutes.
- **Use a slow cooker or crock-pot** to help make meals without much fuss.
- **Plan meals in advance.** This will avoid the need for convenience and fast foods on busy evenings.
- **Try simple and nutritious meal ideas.** Scrambled eggs and a salad or grilled chicken and vegetable sticks can make great quick dinners.
- **Choose foods from all Four Food Groups.** To watch your families portion sizes, fill at least half your plate with vegetables and fruit, one quarter of your plate with whole grains and one quarter with meats and alternatives.

**Make a dinner** by choosing one option from the Four Food Groups:

Grain: brown rice or whole-wheat pasta  
Meat and alternatives: chicken breast or fish fillet  
Vegetables: broccoli or bok choy  
Milk and alternatives: yogurt drink or glass of milk

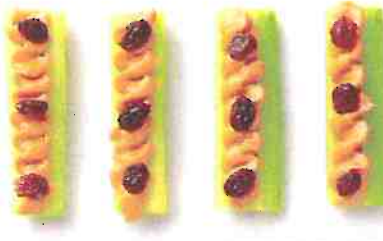
## Snack tips

- **Have healthy snacks** available such as sliced vegetables and fruit, whole-wheat crackers and breads and lower-fat cheese.
- **Make your own trail mix** from the bulk food section. Include nuts, seeds and whole-grain cereals.
- **Keep 100% fruit juice on hand.** Children can make their own freezer fruit juice pops for a healthy treat.

**Make a snack** by choosing one option from these two Food Groups:

Grain: one serving of baked tortilla chips or trans-fat free crackers  
Vegetables: carrot sticks or celery and salsa

Visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) for a copy of Canada's Food Guide.  
 Visit [heartandstroke.ca](http://heartandstroke.ca) for more heart-healthy kid-friendly recipes



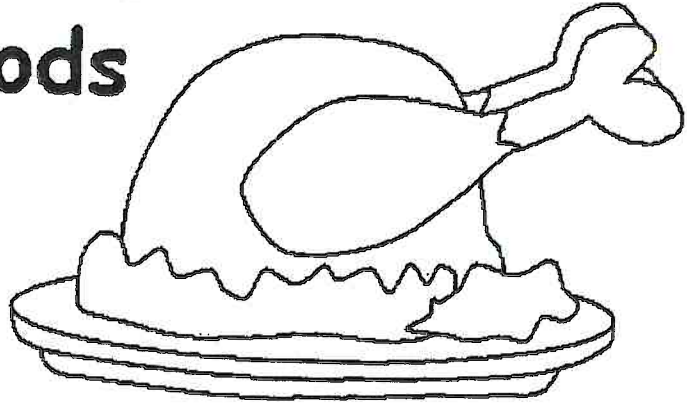
# DECEMBER QUIZ

Submit your answers to the NewsMagazine box at the Office or to one of the Newsletter members to win a lucky 649 Ticket. The most correct answers 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 Dec. 19th. Good luck.

## Christmas Foods Anagram

Hidden Word (circled letters):

candycanes



a b **e** e i n r r r s cranberries

**@** c c e h l o o t chocolate

**@** g r v y gravy

a l **n** s t u w walnuts

a m s **y** yams

**@** e i k o o s cookies

d **d** g i n p u pudding

**@** k r t u y turkey

f f g i n **s** t u stuffing

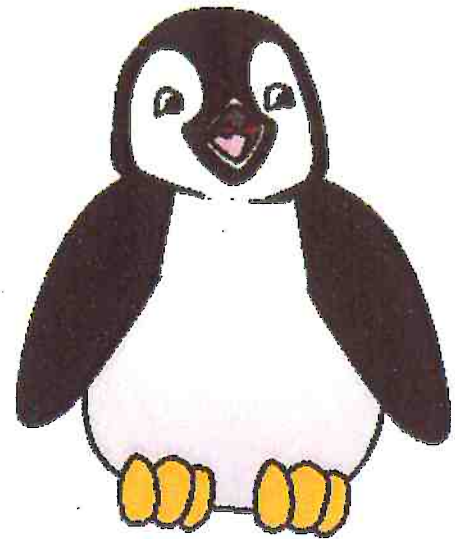
i m **n** s t mints

## 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.

Unscramble the letters to find the words in our

# Winter Anagram



Hidden Word (circled letters):

\_\_\_\_\_

w n o s

\_\_\_\_\_

a r c f s

\_\_\_\_\_

m e n s i t t

\_\_\_\_\_

n e v e r e r e g

\_\_\_\_\_

t s o r f

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a t e k s s

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e g i s l h

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i n n u p e g

\_\_\_\_\_

c l o d

\_\_\_\_\_

s i r c p

\_\_\_\_\_



# Humour Me

## TECHNOLOGY

For Country Folk



**Log On**

Makin' the stove hotter



**Log Off**

Coolin' er down



**Monitor**

Keepin' an eye on 'er



**Download**

Gitten the farwood offn the truck



**Mega hertz**

When yer not keerfull gitten the farwood



**Floppy Disk**

Whutcha git from tryin ta tote  
too much farwood



**RAM**

That thar thang what splits farwood



**Hard Drive**

Gitten home in the winter time



**Windows**

Whut ta shut when its cold outside



**Screen**

Whut ta shut when its black fly season



**Byte**

Whut dem dang flys do



**Chip**

Munchies fer the TV

## Handy Hints

**Clean:** Wash hands and surfaces often. Proper hand washing may eliminate nearly half of all cases of foodborne illness.

Thoroughly wash hands using warm, soapy water.



- **Wash your hands** before you begin cooking and after you touch pets, change a diaper, cough or sneeze, use the phone, sort dirty laundry, use the restroom, take out the garbage or handle dirty dishes.
- Wash your hands for 20 seconds – that's two choruses of "Happy Birthday". Keep a nail scrub brush handy to get under your fingernails. Use a clean cloth or paper towels to dry.
- **Always wash hands, utensils, cutting boards and surfaces when switching tasks, such as handling raw meat/poultry/seafood and preparing vegetables.**
- Mix 1 tsp (5 mL) bleach with 3 cups (750 mL) water to sanitize drains, cutting boards, taps, sinks, counter tops, sponges, pot scrubbers and fridge door handles. Store your bleach solution in a labelled spray bottle.

- Wash sponges with hot soapy water after every use. Change sponges, dishcloths, aprons and towels **often** - machine wash in hot water. Replace sponges every few weeks.
- **Wash all fruits and vegetables, including those that you peel or cut, like melons, oranges or cucumbers.**
- Washing eggs is **not recommended** as this will remove their natural protective coating.
- Washing raw meat/poultry/seafood before cooking is **not recommended** as this can spread bacteria to kitchen surfaces and other foods.



Frequently sanitize your kitchen using a chlorine bleach solution.

## Separate: Don't cross-contaminate.

Keep raw meat/poultry/seafood and their juices separate from one another and other foods during storage and preparation.



Keep foods covered.

- When shopping, keep packages of meat/poultry/seafood in bags separate from other groceries.
- **Prevent meat/poultry/seafood juices from dripping onto other foods in the fridge** - place on a plate and store on the bottom shelf.
- Place washed produce in clean containers, not back into their original unwashed packaging.
- Store eggs in their original carton to prevent them from absorbing odours and flavours from other foods.
- Wash scissors or blades used to cut open food packages.
- **Ideally use two cutting boards: one for raw meat/poultry/seafood; the other for cooked foods and washed fruits/vegetables.**

Use one plate or platter for raw meat/poultry/seafood and another for cooked.

- **Clean and sanitize cutting boards** using hot soapy water followed by a mild bleach solution (1 tsp/5 mL bleach: 3 cups/750 mL water); rinse. Plastic cutting boards can be cleaned and sanitized in the dishwasher.
- **When checking cooked foods for seasoning, don't "double dip"** - once you've done your tasting, don't put the tasting spoon back into the pot.
- When basting, brush sauce on cooked surfaces only. Be careful not to add sauce with a brush previously used on raw meat/poultry/seafood.
- **Once marinade has been in contact with raw meat discard or bring to a rolling boil for 1 minute before using as a basting or dipping sauce. Do not reuse.**
- Remove stuffing from poultry immediately after roasting or cook stuffing separat



# CHFT Diversity Scholarships

**10 Scholarships of \$5000**

## **To be eligible you need to be**

- living in a housing co-operative
- planning to attend school full-time at a
- community college or
- a university
- active in the community promoting diversity.

For more information call Angela Calderone  
at 416-465-8688, extension 206 or  
[angela@coophousing.com](mailto:angela@coophousing.com)

Go to [www.coophousing.com](http://www.coophousing.com)  
for application forms.

## **Application deadline**

Wednesday, February 17, 2010 at 4:00 p.m.



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



Since 2004 the CHFT Diversity Scholarship Program has distributed \$375,000.

# Together, we can do better

People are often surprised to find out that apartments and condominiums recycle only 15% of their waste.

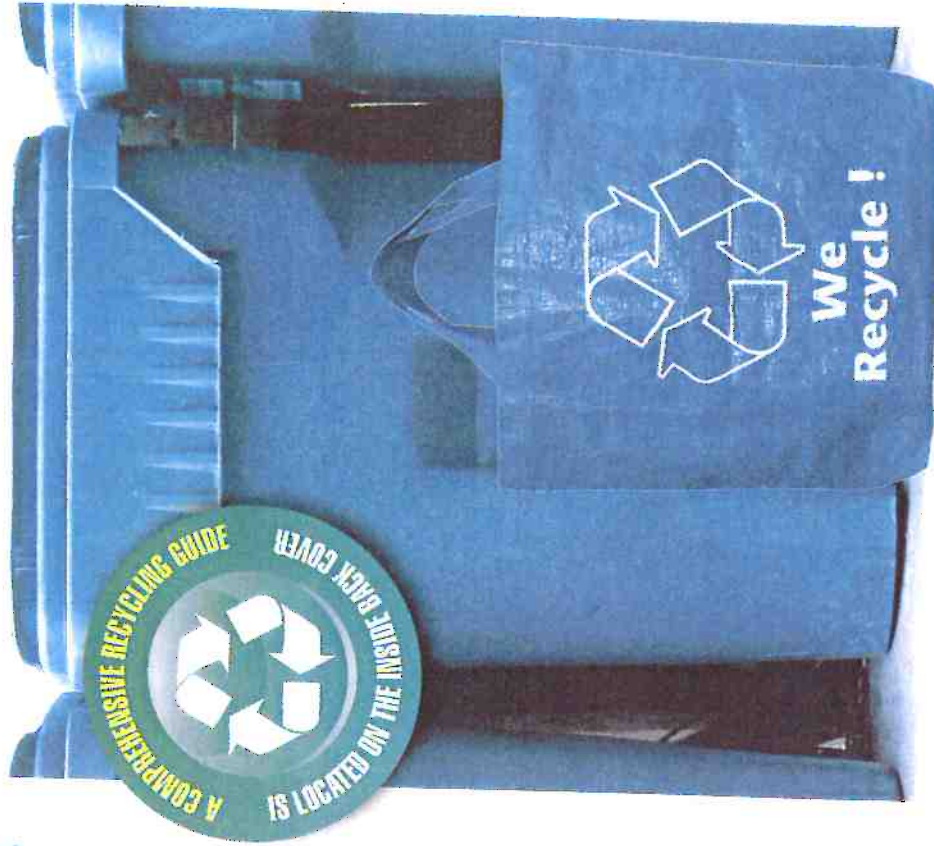
The City of Toronto is serious about keeping 70% of garbage from going to landfill. You can help by keeping recyclables out of garbage and making recycling a priority in your home.

Recycling has even greater importance because building owners now pay a fee for garbage collection based on how much garbage is set out at the building. There is no cost or limit on the amount of recycling that can be set out for collection. The more recycling, the less garbage. The less garbage, the lower the cost—for the building owner and for the planet.

The City uses the fees to pay for new recycling initiatives—such as adding new materials to the recycling program, and expanding the Green Bin program to apartments and condominiums.

We all want to recycle all we can, but many plastics and metals can't go into the recycling program. The wrong item can contaminate the recycling stream, damage equipment and cause workplace injuries. If you don't recycle properly, we can't either.

**NEW - Not sure where an item goes? Use the City's new Search Tool to learn the ins and outs at [toronto.ca/recycling](http://toronto.ca/recycling).**



## FRANÇAIS

La ville de Toronto a la ferme intention d'éviter que 70% des déchets se rendent dans un site d'enfouissement. Vous pouvez contribuer en ne mettant pas d'articles recyclables dans les déchets et en faisant du recyclage, une priorité.

多倫多市政府非常重視減少70%的垃圾運往堆填區。您可以盡上本分，把垃圾與回收物品分開，把回收視為家中重要事項。

## CHINESE

La Città di Toronto fa sul serio e intende evitare che il 70% dei rifiuti finisca in discarica. Potete dare una mano anche voi evitando che i riciclabili finiscano nei rifiuti e facendo del riciclaggio una vostra priorità.

## ITALIANO

70% குடிமகன்கள் தயவுசெய்து கழிவுப்பொருள் கட்டுப்பாட்டிற்கு உதவிக்கொடுக்கிறார்கள். உடனடி அட்டைப் முகத்தைப் பயன்படுத்தி, மீள்கொள்ளக்கூடிய பொருள்களை கழிவுப்பொருள் அல்லாதவற்றாகக் குறிப்பிட்டுக் கொடுக்கவும். கழிவுப்பொருள் கட்டுப்பாட்டின் முக்கிய நோக்கம், மீள்கொள்ளக்கூடிய பொருள்களை கட்டுப்பாட்டுக்கு உதவிக்கிறது.

## TAMIL

## PORTUGUÊS

A cidade de Toronto considera importante o afastamento de 70% de resíduos dos aterros sanitários. Você poderá contribuir positivamente afastando os materiais recicláveis do lixo normal e dando prioridade à reciclagem no seu lar.

## ESPAÑOL

La Municipalidad de Toronto se toma muy en serio el evitar que el 70% de la basura vaya al vertedero. Usted puede ayudar poniendo los materiales reciclables fuera de la basura y haciendo que el reciclaje sea una prioridad en su casa.

# Recycling guide



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

## Beverage containers

Rinse clean and recycle:

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

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



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

## Food containers

Rinse clean and recycle:

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

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



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



## Other household items

Please recycle these items:

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

**PLASTIC bottles**  
- lids and  
sprayers ON



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

For more information, visit [toronto.ca/recycle](http://toronto.ca/recycle) or call 311.

# New to Toronto's recycling program

The items that can be recycled keeps growing.  
Remember, recycling is good, but reducing is better.

## Plastic retail and grocery store shopping bags

Plastic retail and grocery shopping bags without drawstrings, metal detailing or hard plastic handles can now be recycled. Remove receipts. Place all plastic shopping bags in one retail or grocery plastic shopping bag and tie handles together.

Do **NOT** include milk bags or pouches, food wrap and dry cleaning bags.

## Foam polystyrene packaging

These products can be placed loose in the recycling container: foam coffee cups, foam protective packaging, foam meat trays, foam takeout food containers, foam plates, foam egg cartons. Remember to rinse all containers to remove residue.

Do **NOT** include packing chips (e.g. peanuts), or rigid products such as plates, glasses, cutlery, clear clamshells, clear egg cartons and plastic blister packs.



FRANÇAIS

Les sacs d'épicerie en plastique qui n'ont pas de cordons ou de plastique solide, peuvent maintenant être recyclés. Mettre tous les sacs dans un seul sac et l'attacher pour le fermer. Vous pouvez aussi recycler les articles en mousse illustrés.

現在您可以把沒有束帶或硬膠的塑膠購物袋放入回收盒中。把所有膠袋放入一個膠袋中，然後把膠袋綁緊。您也可以把所示的發泡膠物品放入回收盒中。

CHINESE

ITALIANO

I sacchetti di plastica privi di legacci e parti rigide adesso si possono riciclare. Mettete tutti i sacchetti in uno e legatelo. Potete anche riciclare gli articoli in polistirolo espanso indicati.

TAMIL

உருவகம் இல்லாத வகை பிளாஸ்டிக் ஏற்ற பிளாஸ்டிக் பைப்பைகளையும், மெதுவான இயல்புள்ளவைகளையும், இடையிடையே கட்டி வைக்கக்கூடிய வகை பிளாஸ்டிக் பைப்பைகளையும், இங்கு குறிப்பிடப்பட்ட பிளாஸ்டிக் குவார்டு பிளாஸ்டிக் கார்டுகளையும் மீளிடலாகக்கூடு இடலாம்.

PORTUGUÊS

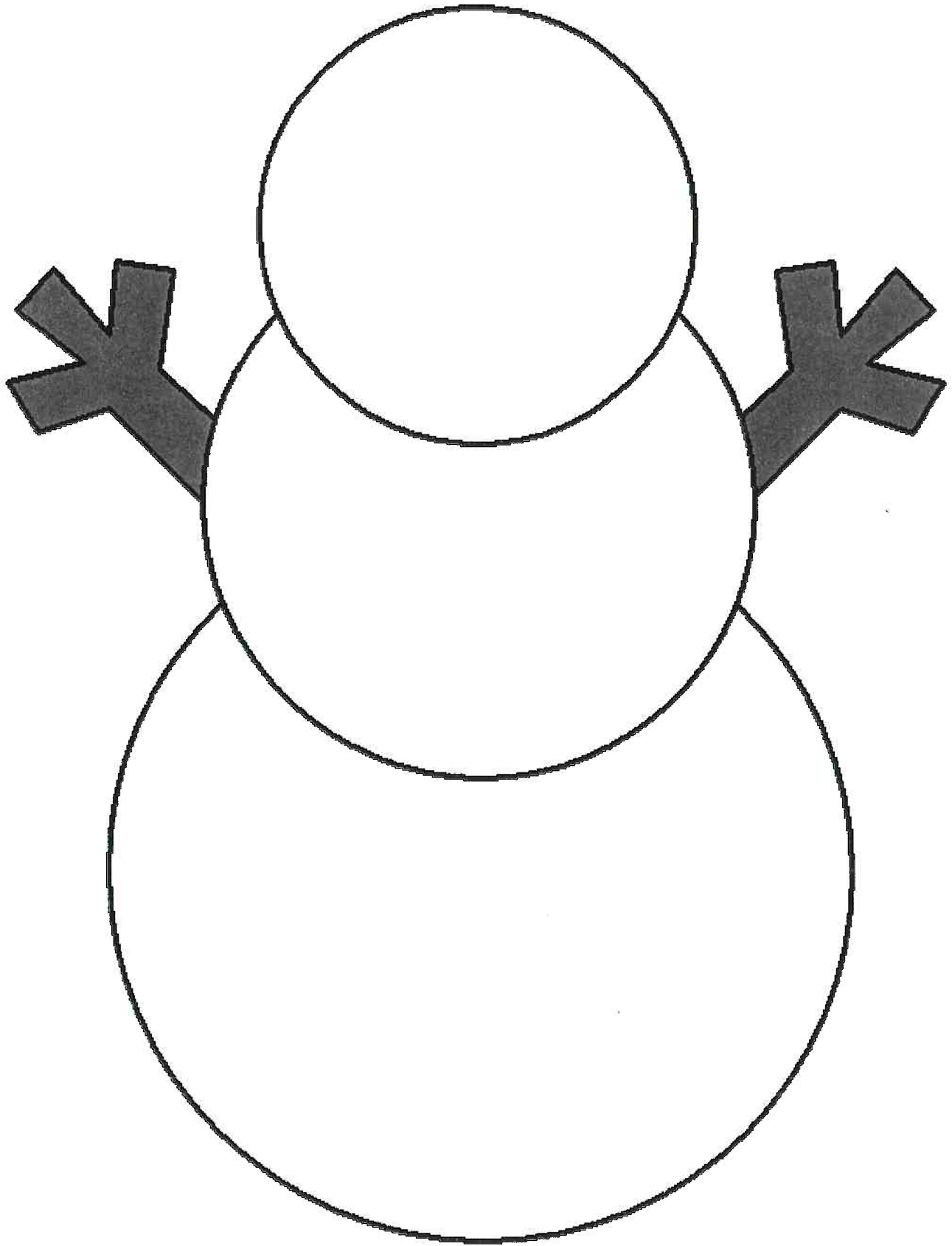
Os sacos de plástico das compras que não tiverem aihlhos nem plástico rígido já são recicláveis. Coloque todos os sacos dentro de um único saco e ate-o. Também pode reciclar os artigos em espuma indicados na imagem.

ESPAÑOL

Las bolsas de plástico del supermercado que no tienen cordones o plástico duro son ahora reciclables. Ponga todas las bolsas en una bolsa y étela. También puede reciclar los artículos de espuma que se muestran.

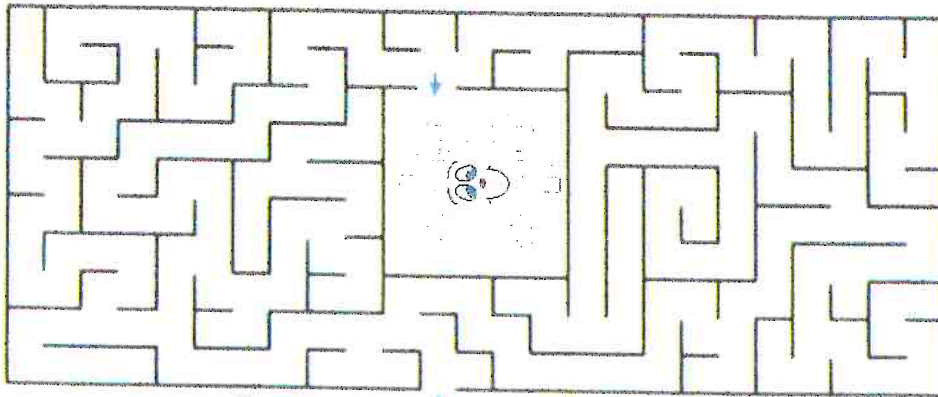
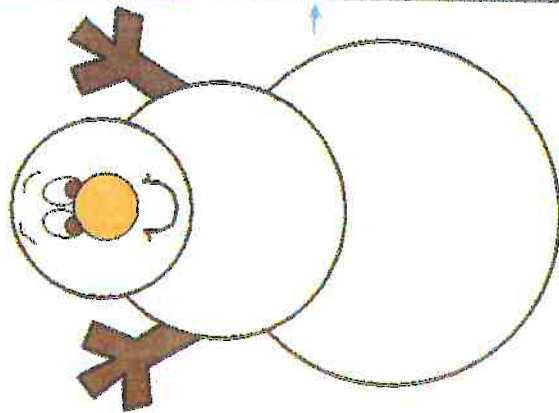






# Winter Maze

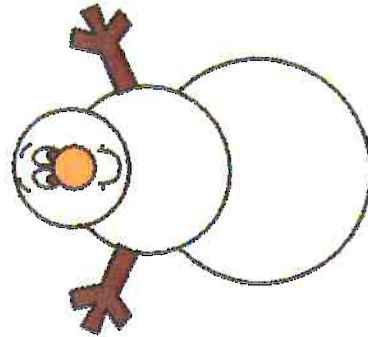
Help Frosty find his favorite snowflake.



# Winter Word Search

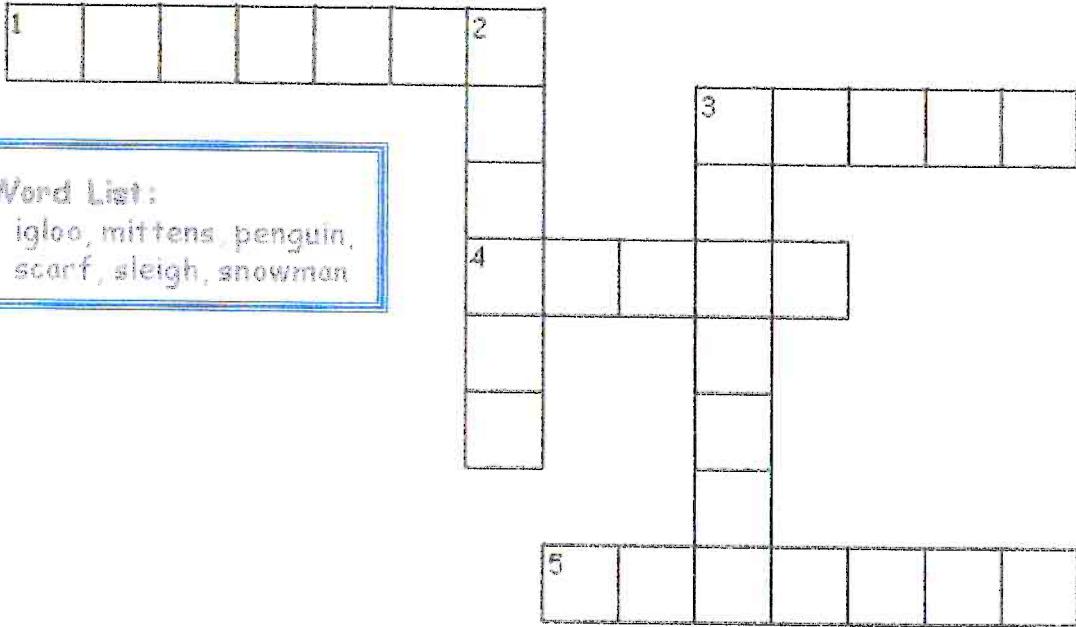
F S N O W M A N Y P V W R U E  
 X I U E I L I G O F I A R H T  
 U C R C T U O L D N G K L I A  
 C S E E G I A Z T S O R F B R  
 C N O N P R H E O M H Q C E G  
 H M E P B L R W C Y P K M R I  
 I P O E E K A L F W O N S N M  
 L O A G T O Q C I Z U C P A U  
 L R Z A K O C P E I J J D T Z  
 Y T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

chilly  
 fireplace  
 frost  
 hibernate  
 hot chocolate  
 migrate



penguin  
 polar bear  
 snowflake  
 snowman  
 white  
 winter

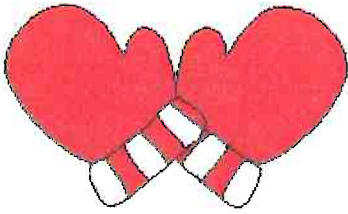
# Winter Crossword



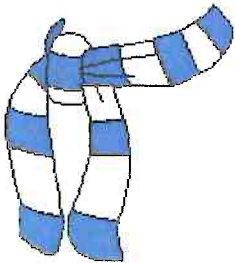
**Word List:**  
 igloo, mittens, penguin,  
 scarf, sleigh, snowman

## Across

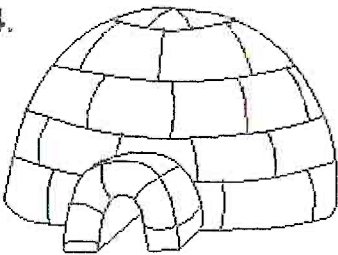
1.



3.



4.



5.



## Down

2.



3.



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

\_\_\_\_\_

17      14 19   1   7   25   3   17   10   20      26   14      7   26   19   4   20   24      14

\_\_\_\_\_

5   21   4   4   20   24   25   3   18

**Directions:**

This puzzle is called a Cryptogram. I've always loved doing them! At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



Hey Kids!  
 If you decode the message—call me.  
 Don't forget to tell me the message,  
 leave your name, unit number and age.  
 Luci 416-265-1649

# Feedback

uGuess what! We had a winner for the December Quiz. Someone new! Someone who had time to do it. Congratulations to Roxanne Quail of Unit 2210. We did not however, have winner for the Children's Quiz. The January Quiz sheets must be submitted by Jan. 19th. Submit your entries to one of the NewsMagazine Committee (listed at the front of the magazine or in the black box by the Office door. Good luck.

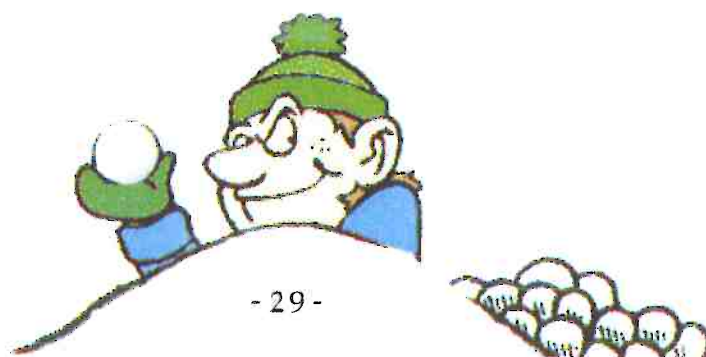
I hope everyone is recovering from the Christmas hustle and bustle. It is hard to believe that it will soon be 2010. It seems that time is marching on much faster as I get older. Or I am just getting too slow to keep up.

We have had a lot to deal with this past year in the Co-op and hopefully things will be much smoother and less stressful for everyone in the coming year. One of the ways in which you can help is to get involved in one of our committees. Check the Job Postings for a list of the Committee Chairs--give them a call and sign up. This is especially important for new members as they will learn how the Co-op is run and will get to meet their fellow members.

Another way to help the Co-op is to get your NewsMagazine delivered, in full colour, by getting an E-Mail copy. Call Diana (416-261-1110) and give her your E-Mail address. Your e-mail address is known only to Diana (even I will not know it) who sends the e-mag out from the office computer. Getting the NewsMag on line saves us a lot of paper, toner, time and especially MONEY, or, give Diana your e-mail address and she will notify you when the NewsMag is available on our website.

*Luci*

Watch out for UFWO's! (Unidentified Flying White Objects.)



THURLESTONE CO-OP INC.

**PRE-AUTHORIZED DEBIT AGREEMENT**

I/We the undersigned authorize *Thurlestone Co-op Inc.* to debit my/our account at the Financial Institution indicated, under the terms and conditions agreed to by me/us with *Thurlestone Co-op Inc.* until such time a written notice to the contrary be given by me/us to *Thurlestone Co-op Inc.*

**Financial Institution Information: (fill in below or attach a blank voided cheque)**

Name Of Financial Institution	Address	City	Province

Account No. To Be Debited	Bank No. (3 digits)	Transit No. (5 digits)	Account Holders Name(s) (please print)

I/We have read and understood the terms and conditions on the reverse and hereby accept them as a condition of my/our participation in *Thurlestone Co-op Inc.*'s Pre-Authorized Debit Agreement.

\_\_\_\_\_  
Signature of Account Holder

\_\_\_\_\_  
Signature of Account Holder  
(joint signature -if required)

**IMPORTANT- See Reverse for Terms and Conditions**

**Pre-Authorized Debit Details:**

Amount of Debit	Frequency (weekly, monthly etc.)	Start Date

I/We understand that notification in writing of any change in the above noted amount, date or frequency will be received by me/us from *Thurlestone Co-op Inc.* at least 10 calendar days before the due date of the PAD, unless the Pre-notification waiver on the reverse of this form has been signed by me/us.

## Terms & Conditions

1. I/We hereby authorize *Thurlestone Co-op Inc.* and my financial Institution to process Pre-Authorized Debits (PADs) against my account in accordance with the rules of the Canadian Payments Association.
2. I/We warrant and guarantee that all persons whose signatures are required to sign on this account have signed this Authorization.
3. I/We may cancel this Authorization at any time upon notice being provided to *Thurlestone Co-op Inc.*, in writing, within (10) days before the next PAD was to be issued.
4. I/We acknowledge that providing and delivering this Authorization to *Thurlestone Co-op Inc.* constitutes delivery to my financial institution.
5. I/We undertake to inform the *Thurlestone Co-op Inc.* in writing of any change in account information provided in this Authorization prior to the next due date of the PAD.
6. I/We acknowledge that my Financial Institution need not verify that a PAD has been issued in accordance with the particulars of my Agreement with *Thurlestone Co-op Inc.*
7. I/We may dispute a PAD to my/our account under the following conditions:

- a) The PAD was not drawn in accordance with this Agreement; or
- b) I/We revoked this Agreement; or
- c) Pre-notification was not received and such pre-notification was required under the terms of this Agreement.

I/We shall be reimbursed only where I/We present a completed declaration to my/our financial institution stating that either (a), (b) or (c) has taken place, within 90 calendar days after the date on which the Pre-Authorized Debit in dispute was posted to my/our account.

I/We acknowledge that a claim on the basis that that this Agreement was revoked, or any other reason, is a matter to be resolved solely between *Thurlestone Co-op Inc.* and myself/ourselves when disputing any PAD after 90 calendar days after the date on which the PAD in dispute was posted to my/our account.

8. I/We hereby consent to the disclosure of any personal information contained in this Agreement to *Thurlestone Co-op Inc.*'s Processing Agent which is directly related to and necessary for the proper processing of the PADs indicated in this Authorization under the rules of the Canadian Payments Association.

\*\*\*\*\*

### Pre-notification Waiver

By signing below, I/we agree to waive the Pre-notification requirements indicated on the front of this Agreement, and doing so, relieve *Thurlestone Co-op Inc.* from any responsibility of informing me/us in writing, or otherwise, of any changes in the original amount, date or frequency indicated on the front of this Agreement.

X \_\_\_\_\_

\_\_\_\_\_  
Signature of Account Holder (Joint signature if

Love is .....

Hey kids—complete the phrase to tell us what love is to you. Decorate the heart and submit to the NewsMagazine or any of the committee members listed at the front and your entry may be the one on our February cover.

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