

THURLESTONE NEWSMAGAZINE

May 2014



Best Co-op Newsletter 2012 and 2013

After this cold, - very cold;
long, - very long winter,
it is so very good to hear again
the chirping of the birds;
to walk on the green, 'green
grass of home'; and to see the
buttons and flowers springing up.

Oh Spring, it's finally here! The
promise of an awesome Summer.
Ok Thurlestone community - let's
make the best of it.
Happy Spring!!

Spring is back and so is the
newsletter.

Thanks to all those who helped
and contributed articles and
images!

*From the NewsMagazine
Committee*

Submissions are welcomed.

Please deliver to the office
newsletter mailbox or email before
the 25th of each month.

t-nm@live.ca



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Mission Statement
To promote Unity and Participation
To Inform and Entertain

MAY 2014

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



THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9

Phone: (416)261-1110 Fax: (416)261-4744

Minutes of the Board Meeting – January 28th 2014

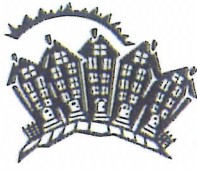
Present : Debbie, Vern, Lois, Mike, Diana Teresa Simmons.

Regrets : Reg Morency , Krys Wells and Laura Parsons

1. Call To Order: 7 :02 PM
2. Approval of Agenda: Deb motioned to approve, seconded by Vern. Carried.
- 3 Adoption of the Minutes – January 7th, 2014: Adopted by Vern and seconded by Lois – Teresa abstained. Motion carried.
- 4 Business Arising From The Minutes – January 7th, 2014– None.
- 5 Confidential Section – See Confidential Section
- 6 Co-ordinators Report for Board Meeting -

6. 1. Administrative Update:

- a) Winter Co-op grounds notice- posted in all buildings to warn members of dangerous icy conditions around site.
- b) Letter from the Ministry of Government Services appointing Diana Hogan as Commissioner for taking affidavits for Thurlestone Co-op for next 3 years.
- c) Co-op Organisational Chart of a housing Co-op- One was distributed to each Director.
- d) Fire Safety Captain listing was distributed to each Director.
- e) **Old Microwave stopped working so a new Microwave was purchased for the Meeting Room at a cost of \$ 102.60 from HD Supply. Lois motioned to approve, Mike seconded. Motion Carried.**
- f) Snow Shovelling, Salting Notice- posted in all buildings reminding members to salt and shovel their walkways.
- g) Competing Human Rights Webinar- Feb.6/14 for one hour-Diane Hogan has registered for this on-site free webinar. Board approved.
- h) Vacation, Timesheet Report-2013 for Diana Hogan. All vacation days will be used up by Feb 1/14
- i) To Ratify Board Poll wherein it was agreed for Diana Hogan to use 7 days vacation from April 10th to 21st, 2014- Motion by Teresa, 2nd by Debbie and carried.
- j) Quote from Beta Solutions Re: Photocopier Maintenance kit at a cost of \$ 1,910.00 plus HST-- Copy quality is deteriorating at times and needs repair or replacement. Diane to investigate further options for copier purchasing vs leasing etc.
- k) Proposed " Memo of Thanks" to member of 16 Fishleigh Drive for building cleaning. Board agreed to suggestion to encourage participation.



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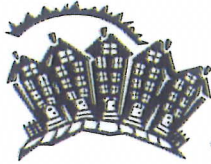
Minutes of the Board Meeting – January 28th 2014.

6:2 Maintenance Update:

- a) Preventive Maintenance Calendar- One distributed to each Director.
 - b) Approval of R&I Lawn cutting Invoice for 16 Dec to 15 Jan 14 snow clearing and salting during the ice storm= \$3,785.50 . Already approved within the contract.
 - c) Site Review report- CMS Building Consultants- December 30th, 2013- See attached Report regarding repairs to rear railings on 18 to 24 boiler rooms.
 - d) Ratify Board Poll wherein it was agreed to proceed with tree cleaning from ice storm with services provided by Shady Lane Tree Care at a cost of \$ 3,400 plus HST.
Lois motioned, Teresa seconded, Motion carried.
7. Approval of Second Quarter Financial Statements-June 1st to November 30, 2013.
Motioned by Lois, seconded by Mike. Carried .
 - 8 Approval of Draft Annual General Membership Meeting Minutes-September 25th 2013 .
Motioned by Lois seconded by Mike, carried.
 - 9 Committee Reports:
 - a) Memo to Membership Committee dated January 20th, 2014 RE: Policy Considerations for Long Term Guests- Copy was attached.Motioned by Vern, Seconded by Deb, Carried.
 10. New Business
 - a) What Co-op Households should do in Emergencies .Notice- Emergency Preparedness. Brochures were distributed to all households.
 - b) Hydro Outage and Fire Alarm Panels- Email was attached.
 - c) Co-op Motto- Proposal from Vern Bastarche was attached. Board approved placing this Motto on general notices where appropriate.
 - d) Fire at Woburn Village Co-operative Homes- Motioned by Vern and Seconded by Teresa to donate \$ 100. Carried.
 - e) CHFT- Federal Co-op Operating Agreements Ending. Meeting on Feb.12/14 regarding this subject. Ask Anna or Fran if they would like to go this event.
 - f) No Smoking signage. Defer
 - g) Dogs on Leashes at Co-op. Defer
 - h) Backyard Lighting. Defer.
 - i) Co-op Rules and Policies, Rules of Order. Defer
 - J) Organic Waste Program from City of Toronto. Defer
 11. Date of Next Board Meeting – Tuesday, February 11th , 2014
 12. Adjournment at: 10:40 PM and to reconvene on February 11th, 2014.

Lois Logie, Chairperson

Michael Burke, Secretary



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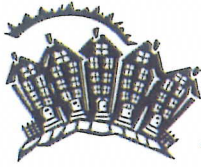
Minutes of the Board Meeting – February 11th 2014

Present : Debbie, Vern, Lois, Mike, Diana ,Teresa Simmons and Laura Parsons
Regrets : Reg Morency , and Krys Wells

1. Call To Order: 7 :07 PM
2. Approval of Agenda: Motioned by Lois, Seconded by Mike. Carried.
3. Adoption of the Minutes – January 28th, 2014: Motioned by Teresa, Seconded by Deb – . Motion carried.
4. Business Arising From The Minutes – January 28th, 2014– None.
5. Confidential Section – See Confidential Section
6. Co-ordinators Report for Board Meeting –February 11th, 2014

1. Administrative Update:

- a) Quotes for Photocopiers:
Ricoh Canada Copier #Aficio MPC 300 Purchase Price \$6,548.35
Maintenance Plan is based on per copy cost. Estimated/month cost
= \$171.25 (\$ 286.04)
Beta Solutions Quote: Kyocera Mita TA 3051ci Digital Copier
Purchase Price \$7,508.85 (incl. HST) versus Leasing/m Cost \$130
for 66 months = \$8,580.00 plus HST = \$9,695.40. Maintenance
Plan based on per copy cost. Estimated/month cost = \$137.50. \$ 267.50
Kyocera Price to Fix Current Machine as reported last meeting:
\$1,910 plus HST –Moved by Teresa, Seconded by Vern. Carried. Mike
opposed.
- b) Email from Kidney Foundation requesting that we become a donation bin
host. – Co-op does not want to host.
- c) Email from Alex Wilson who is running for nomination for Scarborough SW
for NDP would like to meet with Co-op representatives if anyone is
Interested. Co-op is not interested.



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Co-ordinator's Report for Board Meeting – February 11th, 2014 (continued)

- d) Housing Connections Letter Re: Rent Supplement Addendum. Please note that they are looking for more units for housing programs. Are we interested? Board requested more information.

2. Maintenance Update:

- a) Metro Compactor Service Inc.: Quote for new garbage bin for Fishleigh compound. Existing bin has hole in bottom and is rusting through. City will stop collecting our garbage once they discover this. Price for 3 cu yard bin \$858.00 plus HST, 4 cu yard bin \$980.00 plus HST. Cost to rent/month = \$25.00 plus HST for 60 months or \$1,500 plus HST. Deb Motioned to purchase 4 cubic yard bin. Mike seconded. Carried.
- b) Precision Signs Quotes for *No Smoking Within 9 Meters (30 feet) of any entrance*. Vern Motioned to purchase. No Smoking signs, Laura Seconded Carried.

7. Committee Reports: a) Membership Committee Update was given.
b) Unit Inspection . Committee Update was given.

8. New Business:

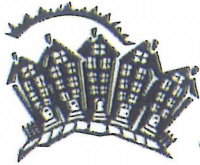
- a) No Smoking Signage-addressed in item 6.2 b) above
b) Dogs on Leashes at Co-op - Defer
c) Backyard Lighting - Defer
d) Co-op Rules and Policies, Rules of Order- Defer
e) Organic Waste Program from City of Toronto- Defer
f) Snow/ Salt: Whose responsible? Members are responsible for salting and shovelling walkways. Suggestion to have a discussion at next general members meeting.

9. Date of Next Board Meeting – Tuesday, March 4th, 2014 at 7 p.m. and Budget Meeting

- 10 Adjournment @ 10.00 PM

Lois Logie, Chairperson

Michael Burke, Secretary



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Minutes of the Board Meeting – March 4th, 2014

Present : Debbie, Vern, Lois, Mike, Diana ,Teresa Simmons and Laura Parsons

Regrets : Reg Morency , and Krys Wells

1. Call To Order: 7 :05 PM
2. Approval of Agenda: Motioned by Teresa and seconded by Lois. Carried.
3. Adoption of the Minutes – February 11th, 2014: Motioned by Lois, Seconded by Mike, Motion carried.
4. Business Arising From The Minutes – February 11th, 2014 – None.
5. Confidential Section – See Confidential Section
6. Co-ordinators Report for Board Meeting –February 11th, 2014

1. Administrative Update:

- a) Letter to City of Toronto: Co-op is Requesting Rebate on Property Taxes due to 2012 flooding. Awaiting response.
- b) Kay Witcher has assumed the On-Call Pager Responsibilities. Deb motioned, Vern seconded to offer Kay access to all keys in the office key boxes. Carried.
- c) Housing Connections Letter Re: Rent Supplement Addendum. For Everyone's consideration. Leave on Agenda.
- d) 2014 CHF Canada AGM – Ottawa – June 4th to 7th, 2014.
To ask Delegate and Alternate about their interest in this.

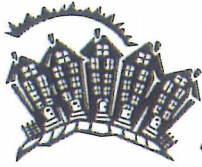
2. Maintenance Update:

- a) Approval for new fridge for Unit 1601 already replaced at a cost of \$ 475.00 plus taxes from Appliance Canada. Old fridge could not be repaired as per the appliance man's inspection. Lois Motioned, Vern Seconded. Carried. Teresa abstained.

7. Committee Reports: None.

8. New Business:

- a) Dogs on leashes at Co-op- To be removed from Agenda



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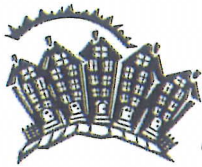
Minutes of the Board Meeting – March 4th, 2014 (Continued)

New Business (continued)

- b) Backyard lighting- To be removed from Agenda
 - c) Co-op Rules and Policies, Rules of Order : To be removed from Agenda
 - d) Organic Waste Program from City of Toronto- Defer
 - e) Parking Lines: To be investigated for costs.
9. Approval of Date of General Membership Meeting – Wednesday, March 26th 2014: Motioned by Teresa, Seconded by Deb, Carried.
10. Approval of Date of Board/ Budget Meeting- March 11/14 at 7 PM. Approved by Teresa, Seconded by Deb, Carried.
11. Date of Next Board Meeting – Monday, April 7th, 2014 at 7 p.m. and Budget Meeting
12. Adjournment @ 9.35 PM

Lois Logie, Chairperson

Michael Burke, Secretary



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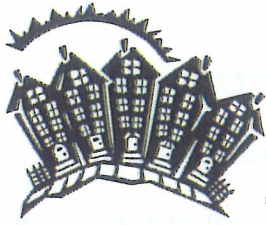
BOARD OF DIRECTORS MEETING
TUESDAY, MARCH 11TH, 2014 AT 7:00 P.M.
AT 22 FISHLEIGH DRIVE, UNIT 3
SCARBOROUGH, ONTARIO

SPECIAL PRE BUDGET MEETING

Minutes

Present: Laura, Deb, Mike, Vern, Teresa and Lois
Regrets: Reg Morency, Krys Wells

1. Call To Order: 7:08 PM
2. Approval of Agenda: Motioned by Lois, Seconded by Deb, Carried.
- 3.1 Approval of Operating Budgets for fiscal year June 1st, 2014 to May 31st, 2015. Motioned by Lois, Seconded by Teresa, Carried.
- 3.2 Approval of Capital Budgets for fiscal year June 1st, 2014 to May 31st, 2015. Motion to approval Capital Budgets for fiscal year June 1st, 2014 to May 31st, 2015 as amended as follows:
 - a) To incorporate a 68% and 32% splitting of cost for the new playground to be shared between Fishleigh and Folcroft; and
 - b) To add chimney brickwork project to Fishleigh's Capital Budget for 2014-15, Column C, at a cost \$19,100.00. Motioned by Deb, Seconded by Mike. Carried.
4. CHF Canada eNews – March 10th, 2014 – Distributed
5. Confidential Section – See Confidential Section
6. Reminder: Date of Next Board of Directors Meeting – Monday, April 7th, 2014 at 7 p.m.
7. Adjournment @ 9.30 PM.



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MINUTES OF BOARD MEETING

APRIL 7TH, 2014

Present: Krys Wells, Teresa Simmons, Vern Bastarache, Reg Morency, Debbie Brown, Mike Burke, Denise MacDonald, Diane Hogan

Regrets: Laura Parsons, Lois Logie

1. 7:03 pm - Call to Order
2. Approval of Agenda:
1st by Denise, 2nd by Vern, All in Favour.
3. Approval of Minutes:

March 4, 2014	1 st Vern, 2 nd Teresa, Carried. Abstained by Deb, Krys, Reg
March 11, 2014	1 st Deb, 2 nd Mike, All in favour
4. Business arising from Minutes: March 4, 2014 and March 11, 2014
Kay is in charge of the on call pager and has learned the routine and she also has access to the keys.

Mike asked about parking lines. The result was that the weather is too unpredictable right now and it will be brought up at a later date.

6. CO-ORDINATOR'S REPORT

6.1 Administrative Update

- a) Reg to nominate Thurlestone Co-op for the Rooftops Award, Mike 2nd the nomination.
- b) Nomination to send Reg to Ottawa for the CHF-AGM by Mike, 2nd by Debbie, All in favour
- c) The Agency for co-op housing income limit for 2014 announced

6.2 Maintenance Update

- a) hot water tank for 3A approved, 1st Teresa, 2nd Vern, All in Favour
- b) The ReGroup Inc. approved for flooring 1608, 1st Mike, 2nd Krys, All in Favour
- c) Field Temperature Control to replace rad in 1803, 1st Teresa, 2nd Debbie, All in Favour
- d) 24 Fishleigh boiler repairs by Field Temperature Control, 1st Vern, 2nd Debbie, All in Favour

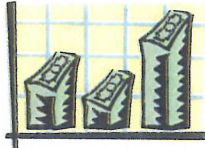
7. Motion to adjourn the meeting at 9:50 PM 1st Mike, 2nd Debbie, All in Favour.

Debbie Brown, Acting Chairperson

Denise MacDonald, Recording Secretary



Notes from the Co-ordinator's Desk



HOUSING CHARGES JUNE 1ST, 2014

At a meeting of the General Members held March 26th, 2014, the Operating and Capital Budgets for fiscal year beginning June 1st, 2014 to May 31st, 2015 were approved.

Therefore, please take notice that on June 1st, 2014 your new housing charges will be as follows:

Fishleigh:

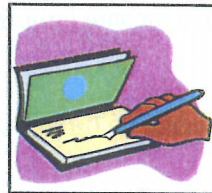
1 bedroom	\$790.00
2 bedroom	\$891.00

Folcroft:

1 bedroom	\$1044.00
2 bedroom	\$1122.00
3 bedroom	\$1215.00

Households who have submitted an annual application for housing charge assistance (subsidy) for June 1st, 2014 must pay the market housing charges for their unit as listed above, unless or until they receive notice from the Co-op that they have been deemed eligible for housing charge

assistance and granted subsidy for June 1st, 2014.



Payment Options

Best Option:

Pre-Authorized Payments:

At the back of this Newsletter you will find a page entitled ***Pre-authorized Debit (PAD) Agreement***. This is the most convenient and worry-free method for paying your monthly housing charges. To take advantage of this easy payment method, please complete the PAD Agreement and attach a void cheque and return it to the Co-op Office by the 25th of any month prior to the 1st of the month in which you wish to begin paying with this method. With this payment method, your housing charges would be debited from your account on the first of every month and may be cancelled by you within 10 days advance notice to the Co-op Office before any payment due date.

Post-Dated Cheques:

Another payment option is to submit a series of 11 post-dated cheques from July 1st 2014 to May 1st, 2015 to the Co-op Office. On the 1st of each month, one of your post-dated cheques is then processed for that month's housing charges. Please note that your cheque payment for June 1st, 2014 must also include the increase to be added to your Last Month's Housing Charge Deposit.

Cheque or Money Order:

The last payment option, which is also a very effective payment option for housing charges, is to submit individual cheques or money orders each month to the Co-op Office submitted by the 25th of the month before they become due on the 1st of each month following, in accordance with the Co-op's Financial Policy. Cheques may be dated for the 1st of the month when they become due.

Have a Wonderful Spring!

Diana Hogan, Co-ordinator

Phone #416-261-1110

thurlestonecoop@rogers.com
or www.thurlestonecoop.com

PARKING LOT FRIENDLIES

THE FOLLOWING POINTS ARE TO PROMOTE PARKING PRACTICES THAT WILL BENEFIT ALL MEMBERS WITH VEHICLES.

- ENSURE YOU ARE COMPLETELY PARKED WITHIN THE LINES. Your neighbour does not the need the extra challenge or the need to find alternate parking.
- NEVER PARK IN FRONT OF THE GARBAGE BINS. The timing of pickup is irregular and we have missed our pickup because cars parking in front of the bins.
- For circumstances, of a temporary nature (a few minutes) where close proximity to the building is helpful (ie; grocery, child drop off), the first parking spot (#24) has been made available.
- Please ensure your visitors are aware there is no visitor parking.
- If there is a situation where a vehicle is parked in your spot, please park your vehicle on the street (where there is 3 hour parking). PARKING IN THE NEXT EMPTY SPOT IS NOT ACCEPTABLE as most of the spots are assigned to other members.
- If someone parks in your spot, please record the licence plate #, and if it reoccurs, you may report the matter to the Parking Coordinator.

LEST WE FORGET, all CO-OP members are obligated to volunteer to perform any duties arising, respect property, and promote community values. Please call the Office if you need guidance to fulfil these commitments.

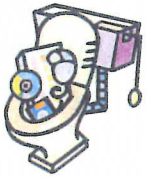


MEMO

TO: ALL RESIDENTS
FROM: DIANA HOGAN, CO-OP OFFICE
DATE: January 22, 2014
RE: PLUMBING AND DRAIN CARE

Over the past few years we have seen a number of drain clogs resulting in overflowing toilets and sinks, and even flooding into units resulting in extensive damage. One such example from a few years ago was when we experienced flooding into a unit due to a drain backing up sewage. The drain clearing company pulled three feminine products out of the drain that had collected and become stuck at one point in the common drainpipe causing a complete blockage of the sewage drain for the whole building. Feminine products such as tampons and sanitary napkins, or excessive toilet paper, or any bulky toiletries can cause costly drain clogs.

We often find a number of foreign objects being disposed of in the drains and causing drain clogs. In cases where an object is retrieved from the drain, the household responsible may also be held responsible for the drain repair costs and related damages. To avoid these unwanted costs and inconveniences, we recommend that you follow the tips below.



Do Not Flush These Items into Your Toilets:

- Toys
- Razors, toothbrushes, small product bottles
- Tampons & applicators, sanitary napkins
- Disposable cat litter
- Disposable wipes
- Mop heads, rags, or other cleaning accessories

Do Not Flush These into Your Kitchen or Bathroom Drains:

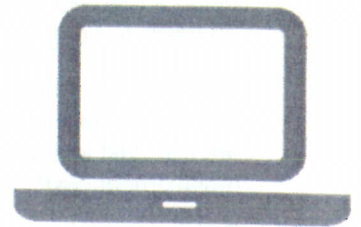
- Cooking grease, oils, or fats (such as bacon fat). These should be cooled and hardened and disposed of to your garbage.
- Food waste on dishes. All food debris must be removed or scraped from all dishes into the garbage and not "washed" down the drains. This washed food hardens in the drains and eventually results in clogged drains. To avoid hardened food and grease in the main drain stacks causing flooding into your units.
- Laundry lint or soap. As in-suite laundry equipment is against the Co-op's House Rules, lint and soap will be able to be avoided from clogging the apartment main drain stacks.

TEEN LEGAL HELPLINE.ORG

Free and confidential legal advice for your students

How the service works

- 1 You refer students to Teen Legal Helpline when they have legal questions
- 2 A student anonymously asks a question on our site
- 3 An experienced lawyer gives your student a private reply
- 4 They have a conversation to resolve the problem



How you can help

Spread the word. Let your students know that we are here to help.

Give your students the right support. When teens have legal problems, they need a lawyer. Now you can refer them to us.

Help us improve. You know your what your students need. We count on your feedback to make our service better.

WE WANT TO HEAR FROM YOU
schools@teenlegalhelpline.org



Co-operative Housing Federation of Canada
Fédération de l'habitation coopérative du Canada
311-225, rue Metcalfe Street, Ottawa, Ontario K2P 1P9

MemberGuard®

33/6 78(X) CON_09313

Housing Co-op Member
2-22 FISHLEIGH DR
SCARBOROUGH ON M1N 1G9

November 2013

Dear member,

Did you know that you can get better protection at a better price on your home contents insurance just for being a member of CHF Canada? It's true. CHF Canada has partnered with The Co-operators for the past 25 years to bring you MemberGuard, an insurance program to cover your personal belongings.

Contents insurance is important coverage that all members should have. While your co-op is covered by its commercial insurance policy, your personal belongings, all those things that make your house a home, are not. Just imagine having to replace everything that you own. MemberGuard covers you for the full replacement cost** of your belongings in the event of fire, theft, water damage or other unfortunate incidents.

This is why you need MemberGuard, not only does it protect your personal belongings, it also ensures your personal liability is protected in the event you are found responsible for accidental injury to another person, or damage to their property.

Enclosed with the letter you will find a flyer with additional details about the **MemberGuard** program and how to sign-up.

Today, over 16,000 co-op members choose MemberGuard for their insurance needs. They know that they get the coverage they need at low, competitive rate. So please take the time to call today.

Call 1.800.387.1963 or email memberguardauto@hbgrpins.com today for **free advice** and your no-obligation memberguard insurance quote.

All the best,

Nick Sidor
Director, Corporate Affairs
CHF Canada

Respecting your privacy and protecting the confidentiality of your personal information are important to us. For more information on our privacy policy, please visit our website at www.memberguard.coop.

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It's about you
MemberGuard[®]
 Better protection, lower rates

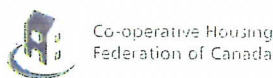
We've got you covered.

As a CHF Canada member, you can get better protection at a better price. CHF Canada has partnered with The Co-operators for the past 25 years to bring you MemberGuard. Protect the things that make your house a home with personal contents insurance for co-op members.

Your co-op home is covered by your housing co-op's insurance policy. But the contents of your home (your personal belongings) and personal liability need separate coverage. That's why we offer MemberGuard.

MemberGuard is a personal contents insurance program designed for members of housing co-ops. It guards you against the financial hardship of having to replace your belongings due to fire, theft, water damage or other unfortunate incidents, including protection if you are held personally liable to another person for injury or property damage.

MemberGuard covers the full replacement value of everything you own, so you're getting complete coverage at the best possible rates.



MemberGuard is the program for you.

Three key reasons you should join

1. Better protection at a better price.

MemberGuard can offer better rates to co-op members because it's a CHF Canada group insurance program. CHF Canada uses the buying power of over 900 members and 55,000 co-op homes to secure the best possible coverage at special rates for members. And with MemberGuard, your coverage includes \$1,000,000 in personal liability protection.

2. Get complete coverage, total peace of mind.

MemberGuard covers the full replacement value of everything you own: not just large appliances and furniture, but the small things you value that would cost a lot to replace, like your clothes or CDs.

MemberGuard also includes personal liability insurance to protect you in case you are found responsible for accidental injury to another person or damage to their property.

3. Protection you can trust from people you trust.

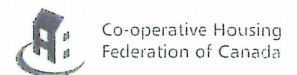
MemberGuard is brought to you by The Co-operators Group of Companies. For the last 25 years, CHF Canada and The Co-operators have worked together to offer members exceptional insurance programs. This "co-operation among co-operatives" guarantees you get superior coverage at low, co-operative rates.

"MemberGuard costs so little a month to protect everything I own, I just couldn't pass it up."

Protect the things you value most.

**Call us today to get your free,
 no-obligation quote.**

1-800-387-1963



Co-operators and the Co-operators logo are trademarks of the Co-operators Group of Companies. For more information on our personal auto, home and travel insurance, visit www.memberguard.com.

The Co-operators Group of Companies is a member of The Co-operators Group Limited, Underwritten by CANACO Insurance Company and administered by HFC Group Insurance Management Ltd. Member companies of The Co-operators Group Limited, Edmonton, coverage and eligibility vary by province. Discount coverage and eligibility may be provided for information on our products please visit www.memberguard.com or call 1-800-387-1963.

MEMBER GUARD 111



Rooftops Canada
Abri international

FEB 05 2014

720 Spadina Avenue, Suite 313
Toronto, ON Canada M5S 2T9
Tel: 416-366-1445 Fax: 416-366-3376
info@rooftops.ca
www.rooftops.ca www.abri.ca

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

January 30, 2014

Dear Friend of Rooftops Canada:

On behalf of Rooftops Canada and our partner organizations in Africa, I want to thank you for your recent generous donation of \$ 100. Your ongoing support is helping make decent housing possible for thousands of people in vulnerable communities.

Our partners in Kenya, Tanzania and Zimbabwe are well on their way to delivering 2,276 houses by June 2014 and 1,890 loans for land, infrastructure and housing. Many of these loans were given to groups and, as a result, some 4,000 households – 20,000 people – are on the road to a better life.



Nakuru, Kenya: Alfa-Mwanda Housing Co-op members in front of their vacant housing site, with Danika King, Rooftops Canada former intern, in 2012 (left). By 2014, 33 two-room starter homes were complete. (right).

In Kenya, the National Cooperative Housing Union (NACHU) continues to make significant progress in building affordable homes for low income families. From April 2011 to date, NACHU has completed nine projects with 407 homes. Ten more projects are under construction for 475 more families and land has been secured for many more families. Rooftops Canada and NACHU are also working with youth and women's groups on environmental income generating projects. These will help people earn money to save for future land and housing loans.

WAT Human Settlements Trust in Dar es Salaam, Tanzania, has used funds raised through our 2012 Building Homes, Building lives campaign to purchase land that will meet the housing needs of about 80 families. Ten housing projects are under way. 397 houses have been built and a total of 720 will be completed before the end of 2014. The group is also working on an innovative pilot housing project that will integrate "green" site planning and building concepts and income-generating activities including urban agriculture.

---please turn over

Over the past year, the Zimbabwe National Association of Housing Cooperatives helped its members build 548 homes. 126 more homes are already under construction.

Once again thank you for your generosity. With your support we will continue to partner with our very dedicated African partner organizations to improve housing conditions and creates a path to a better quality of life for thousands of families.

Yours Sincerely,



Barry Pinsky
Executive Director
Rooftops Canada – Abri International

PS: We are pleased to inform you that we have updated our database. We are now able to send tax receipts by email to donors that make contributions by cheque or cash. Please help us bring your personal record on our database up to date. Send your current email address to thandi@rooftops.ca

Thank You

We at SACHA would like to thank you for your contribution to our Flood Relief Fund.

Your generous donation will provide the financial and moral support needed to restore the homes and lives of the residents living in the housing co-operatives affected by Flood 2013.



Job Well Done!

Easter Egg Hunt

Sunday, April 20



The Hunt went very well. We had a great turnout with kids, and the parents came out to support the Easter Egg Hunt 2014.

Special thanks to the Easter Bunny. And Bunny would like to thank his helpers Jane and Beth for the great job they did.



Clean Up Day

Sunday, May 4

We had a great turn out. It was wonderful to see the new members come and meet everyone.

We served Burgers, Hot Dogs, Potato salad, Coleslaw and Macaroni with lots of drinks and sweets.

Thanks to all who help with the luncheon after the Clean-Up, thanks to all that participated, and to all that contributed to made this day a success.

Special thanks to the members of the Social Committee. Job well done!

Jane Bastarache

Social Committee



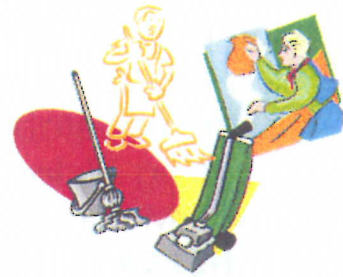
Clean Up Weekend



I would like to give thanks to every one in the Thurlestone Co-Op Community who participated in the Clean Up weekend and to all that contributed making it such a success.

Special thanks to the Folcroft crew for the very good job done cleaning up the back of their Building.

A special big thanks also to the Social Committee for the delicious lunch.



THANK YOU! THANK YOU! THANK YOU!

K Wells
Landscaping Chair



NEW MEMBER

Marie Kerr - 3B - who joined us on May 1 !

Congratulations!

After winning for 10 years various Gardens Awards, we have made it! We have entered the Hall of Fame of the Gardens of Toronto's Co-ops. We have come of age. Wow!

The number 10 award that we got and which pushed us in was the Vegetable Garden Award of 2013. Thanks to the vegetable garden behind building 16, lovingly cared for by Mary Ann McCrone.

HURRAY! HURRAY! HURRAY!

Congratulations! And Thanks to all that have help over the years keeping our gardens looking so beautiful, specially to our present Landscaping Chair, Krys Wells, and to all in the Landscaping Committee.

THANKS! THANKS! THANKS!



CONGRATULATIONS!



WAY TO GO!

**Co-operative
Housing
Awards
2013**



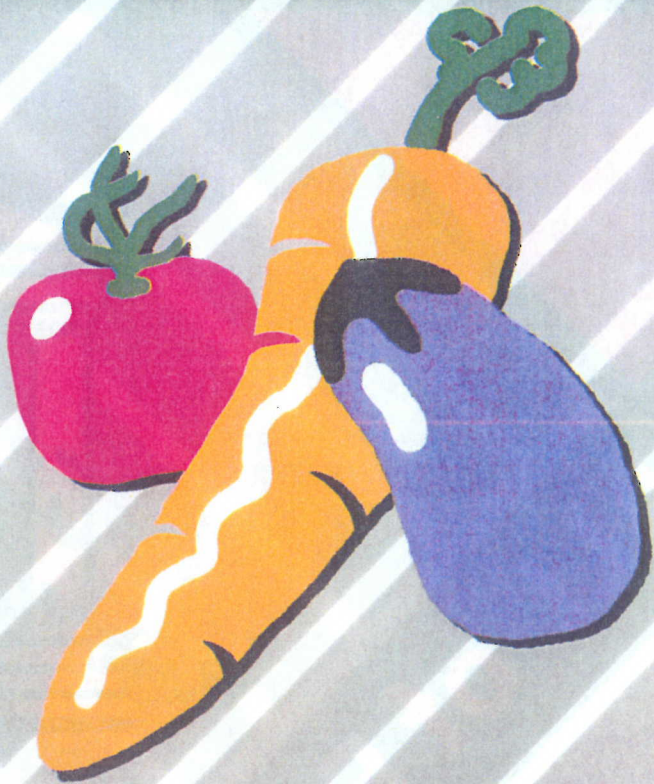
HALL of FAME GARDEN AWARD

**Thurlestone
Co-operative**



Co-operative Housing Federation of Toronto

**Co-operative
Housing
Awards
2013**



BEST VEGETABLE GARDEN

**Thurlestone
Co-operative**



Co-operative Housing Federation of Toronto

**Co-operative
Housing
Awards
2013**



BEST CO-OP NEWSLETTER

**Winner
Thurlestone
Co-operative**



Co-operative Housing Federation of Toronto

Talking Nuts – Part 1

The nutritional and health benefits of Almonds: a healthy food choice

Richardson, D.P., A. Astrup, A. Cocaul, P. Ellis, 2009. The nutritional and health benefits of almonds: a healthy food choice. *Food Science and Technology Bulletin: Functional Foods*. 6(4):41-50.

Over the last decade, the research on the effects of almonds on reducing blood cholesterol levels and reduction of risk of heart disease has grown significantly. Emerging research on almonds also shows promising health benefits linked to body weight control and diabetes.

Almonds naturally contain high levels of monounsaturated and polyunsaturated fatty acids, protein and dietary fiber, as well as a variety of essential nutrients including vitamin E and several trace elements. Almonds are very low in sodium and high in potassium, and they contain a range of phytoprotective constituents. The available evidence also indicates that weight gain may not be a concern when nuts are consumed in moderation, and that regular consumption of nuts can be recommended in the context of a healthy balanced diet.

Brazil nuts and associated health benefits: A review.

Yang, J. 2009. Brazil nuts and associated health benefits: A review. *LWT - Food Science and Technology*. 42:1573-1580.

Epidemiological studies have shown an inverse relationship between nut intakes and chronic diseases such as cardiovascular diseases and cancers. The composition of lipids, minerals, and phytochemicals, and their associated health functions in Brazil nuts are critically reviewed. The nuts have high nutritive food value containing 60-70% oil and 17% protein.

Brazil nuts contain abundant dietary antioxidants, especially selenium (Se). One single Brazil nut provides 160% of the US Recommended Daily Allowance (RDA) of selenium - perhaps the best source of Se from plant-based foods. Brazil nuts possess phenolics and flavonoids in both free and bound forms and are rich in tocopherol, phytosterols, and squalene. These compounds' possible beneficial effects are due to their antioxidant and antiproliferative activities, which are linked to a reduced risk for developing atherosclerosis and cancer.

Almond Stuffed Portobello Mushrooms with Zesty Tomato Sauce

Grilled mushrooms with grape tomatoes and goat cheese make this a healthy, low-calorie option.

Ingredients

- 1 (3 ½-ounce) package herbed goat cheese
- ½ cup sliced almonds, roasted*
- 6 large Portobello mushrooms, stems removed
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 cup favorite spaghetti sauce
- 8 grape tomatoes, halved
- 2 teaspoons minced fresh basil, plus more small leaves to garnish if desired
- 1 teaspoon minced fresh oregano

Directions

1. Preheat grill to medium.** Meanwhile, combine herbed goat cheese and almonds in a small bowl. Brush mushrooms all over with olive oil, and season lightly with salt and pepper.
2. Combine spaghetti sauce, tomato halves, basil and oregano in a small saucepan, and bring to a simmer. Cook just until tomatoes are soft, and keep sauce warm until serving.
3. Place mushrooms on grill, caps up. Grill 5 minutes, then remove from grill and scoop a tablespoon of goat cheese and almond mixture into each cap. Return to grill, caps down, and cover. Grill 4 to 6 minutes, until mushrooms are soft and cheese is melting. Divide mushrooms among plates, top with sauce, garnish with additional basil leaves if desired, and serve.

Notes:

* *To roast slivered, chopped or sliced almonds:* Spread in an ungreased baking pan. Place in 350°F oven and bake 10 minutes or until golden brown and fragrant; stir once or twice to assure even browning. Note that almonds will continue to roast slightly after removing from oven.

**To gauge medium heat on a charcoal grill, place a hand about six inches from the grate. If you can count four full seconds before the heat is uncomfortable, the heat is medium. The mushrooms may also be cooked with a broiler instead of a grill – just shorten the cooking times by a minute or two.

Ten Uses for Baking Soda

Baking soda is a humble home staple that has been used in households for thousands of years. It is made from a white or colourless mineral called nahcolite or natron, which forms naturally and has been found in the tombs of ancient Egyptians and Greeks.

Today baking soda is sold as an inexpensive and non-toxic powder with an enormous number of uses, including beauty treatments, baking, and house cleaning. Here are some ways you can use baking soda to clean and beautify:

1. Remove blood

Spread a runny mixture of baking soda and hydrogen peroxide on bloodstained fabric and let it sit several hours or overnight. Spot test coloured fabrics before applying in visible areas because this combo can leach colour.

2. Shampoo and degrease hair

Mix 1 tablespoon of baking soda in a cup of water and rub into your scalp while you shower. For those mornings when you oversleep and have greasy hair, sprinkle some dry baking soda onto your roots and rub vigorously. You may want to rinse with a little water so you don't leave the house with powdery locks. This treatment also eliminates odour!

3. Clean household

Baking soda can be used as a light abrasive for general household cleaning. Sprinkle dry baking soda on greasy stoves or counters and wipe with a damp cloth.

You may have to add a bit more elbow grease than with chemical cleaners, but you can be satisfied knowing your cooking surface is sparkling and non-toxic. Baking soda is also an effective cleaner for bathtubs and metallic faucets.

4. Relieve itchiness

Make a thick paste of baking soda and water and apply to stings and insect bites to decrease swelling and itchiness.

5. Freshen fridge

Place a bowl with about a cup of baking soda in the back of your fridge or simply open the box and put the whole thing in. Change every month or two, and your fridge should stay fresh.

6. Freshen shoes

Put a dusting of baking soda inside your shoes and leave overnight. Shake them out in the morning and any odour should be gone.

7. Whiten teeth

Baking soda can be used instead of or in addition to your regular toothpaste. To replace toothpaste, dip a damp toothbrush into baking soda and brush normally.

In addition to your toothpaste, you can sprinkle your brush with baking soda for some extra whitening power. Don't use baking soda in place of toothpaste for more than a couple weeks, as its

8. Remove dirt

To remove dirt from fabric, mix baking soda with a little water and let it soak into the dirt stain. Then rinse with vinegar diluted in water. You can also add baking soda to your white laundry loads for more whitening and freshening power.

9. Clean food and drink containers

Sometimes your plastic food containers still smell after you've washed and rinsed them. When this happens, mix 1-2 teaspoons of baking soda in enough hot tap water to fill the container. Let sit overnight. For metal drink containers, mix the baking soda in boiling water and let stand.

10. Remove armpit stains

As for blood, mix baking soda and hydrogen peroxide together and let it soak into the yellowed fabric for several hours or overnight until yellow colour is gone.



Baking soda can be used with or instead of regular toothpaste, but not for too long.

May Sudoku:



"Aren't you happy, Mom?
Spring is finally here!"

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

A Hug A Day

Remember, a hug a day keeps the blues away.

A hug and a kiss, administered to your child daily, can make him/her emotionally more stable and give an assurance of a loving presence.

Make it a point to give this medicine twice to your kid, once in the morning after waking up and once in the night before going to sleep.



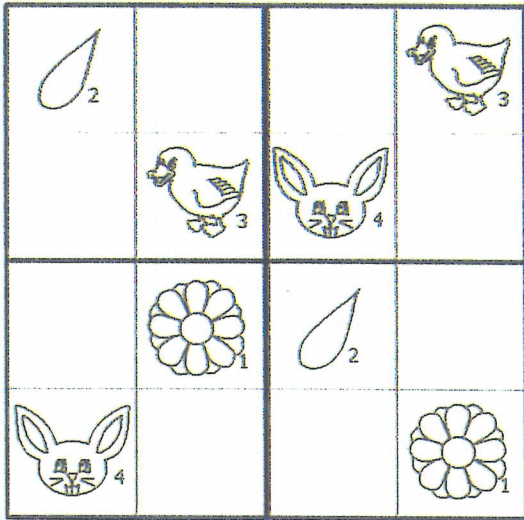
Find the **baseball words** from the bottom in the **Baseball Word Search grid**. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each baseball word may be used in more than one word. **When the Baseball word search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

Baseball Word Search Puzzle

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

BALL	DOUBLE	HOME RUN	STADIUM
BASE HIT	DUGOUT	INNINGS	STEAL
BATTER	ERROR	OUT	STRIKE
BUNT	FIELDER	OUTFIELD	THIRD BASE
CAP	FIRST BASE	PITCHER	TRIPLE
CATCHER	FOUL	SACRIFICE	UMPIRE
CURVE BALL	GRAND SLAM	SECOND BASE	
DIAMOND	HOME PLATE	SLIDING	

Spring Sudoku

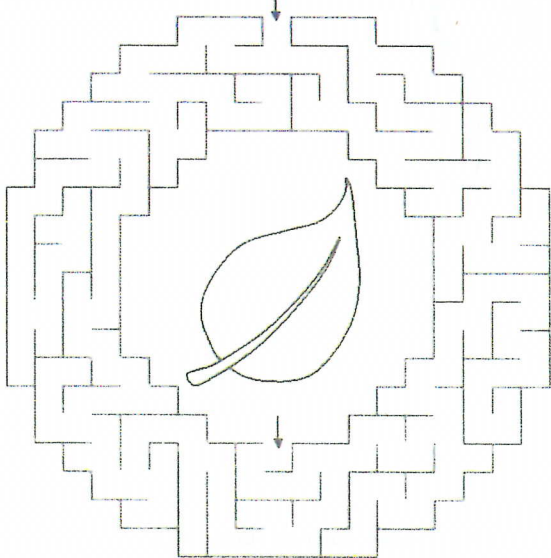
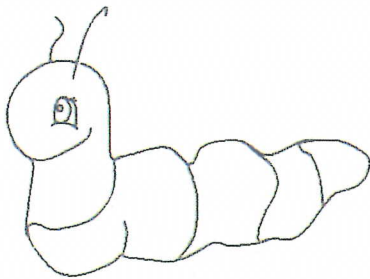


Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!

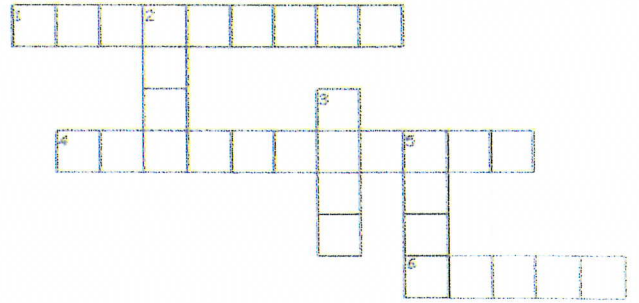


Springtime Maze

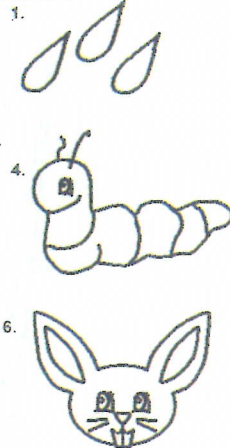
Help the caterpillar find her favorite leaf.



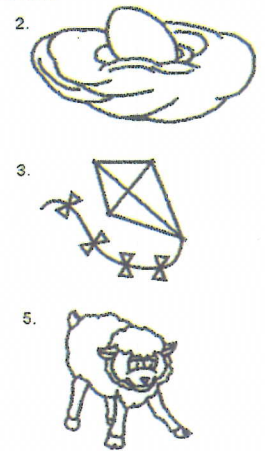
Spring Crossword



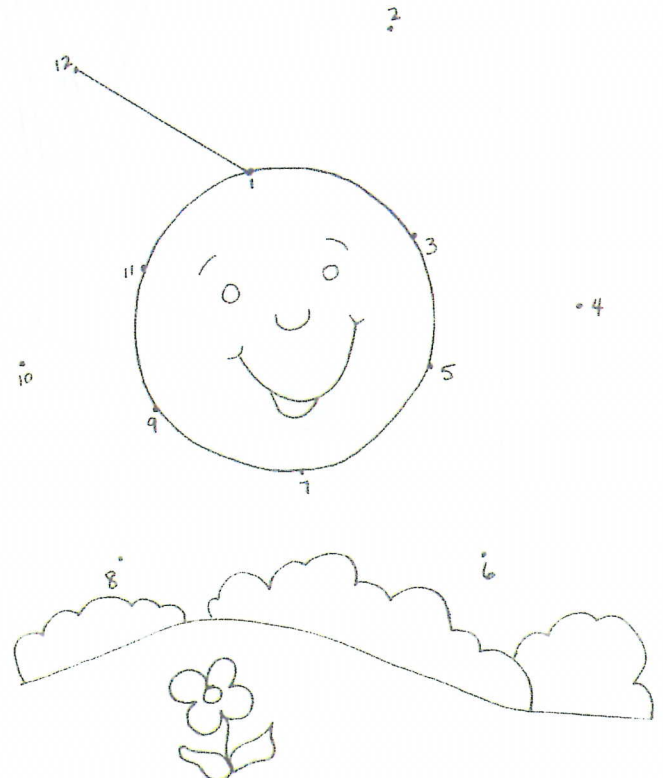
Across



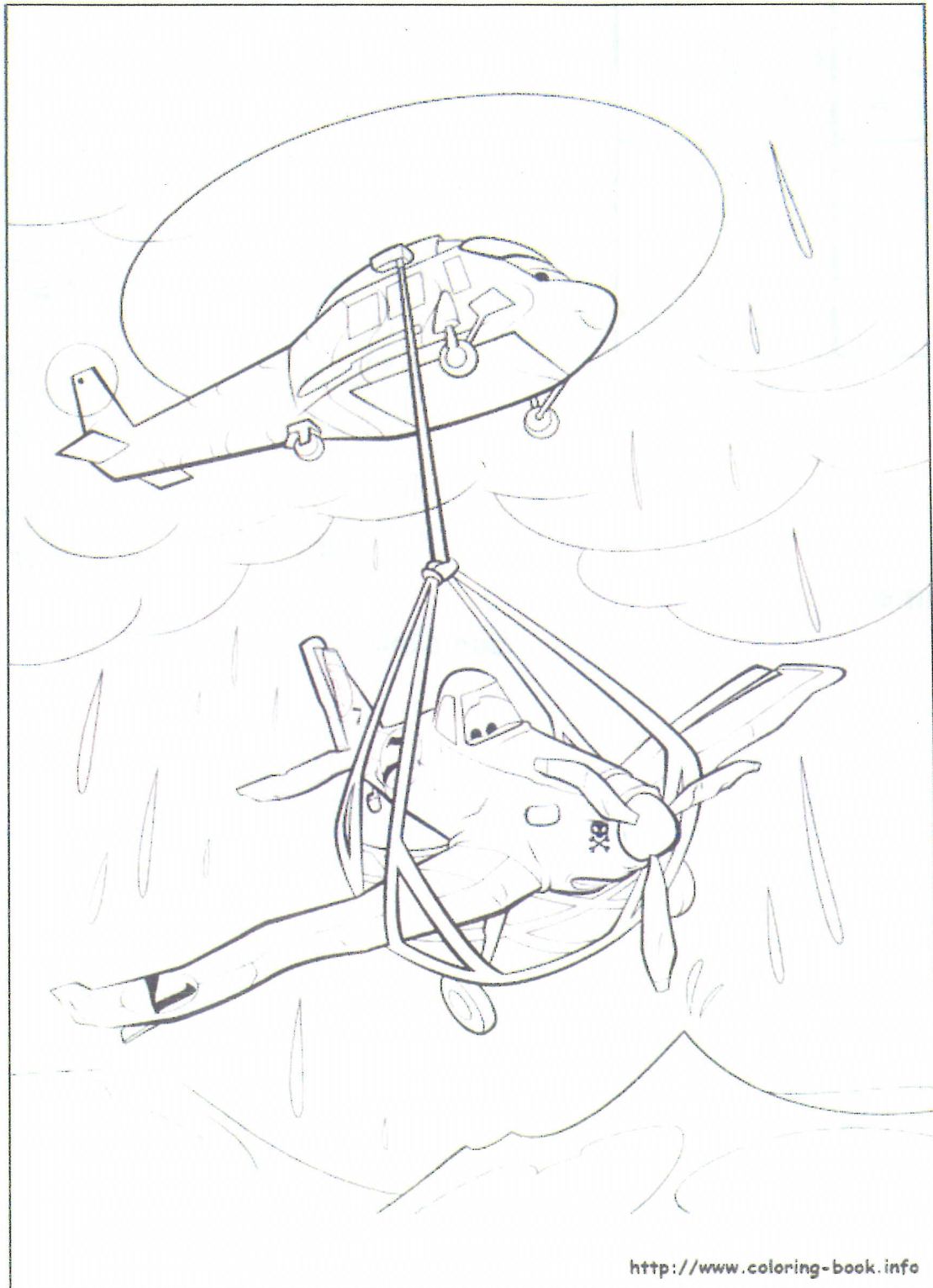
Down



Sun Connect the Dots



Coloring Time



<http://www.coloring-book.info>

Attention: Co-op Residents: If you require alternate sources of power in cases of Toronto Hydro planned power outages, please complete the section below and either return this form to the Co-op Office, or return directly to address at bottom. If you return directly to the address at bottom, please advise the Co-op Office so that we may record your name on our internal registry listing as well.

Thank you. Diana Hogan, Co-ordinator, Thurlestone Co-op Inc.



5800 Yonge Street Tel: 416-542-8000
Toronto, ON Fax: 416-542-3429
M2M 3T3 www.torontohydro.com

August 14, 2013

Customer Name: Thurlestone Housing Co-Op Inc

Address: 3-22 Fishleigh Drive

City: Scarborough

Postal code: M1N 1G9

Attention Management Office:

Re: Medical Assistance Registry:

Account Number:

Service Address: 22 Fishleigh Drive

We are in the process of verifying and updating our list of customers who require alternate sources of power in cases of planned power outages.

You are currently on our Medical Assistance Registry. However we require additional information in order to continue to provide you with the necessary notification you have requested.

Account number: _____

Patient Name : _____

Contact Name : _____

Contact Telephone Number: _____

Type of Equipment: _____

Physician Name: _____

Physician Address: _____

Physician Telephone Number: _____

Date: _____

Return the information to: Toronto Hydro-Electric System Limited
Attn: Correspondence Team –LIFE SUPPORT
5800 Yonge St. Toronto ON, M2M 3T3

IMPORTANT – If you haven't already submitted this form for your unit, please complete and submit to the Co-op Office without delay. Thank you.



THURLESTONE CO-OPERATIVE INC.

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

April 3, 2014

Dear Member (s),

Please complete this form and return to the Co-op Office in order to give written consent to the person(s) named below to have key access to your unit in cases of lost keys or an emergency.

If you wish to cancel or change consent at any time, you are required to submit your request to the Co-op Office in writing, as we cannot change the consent information that you provide below without further written notice.

If you are giving consent for an individual of your household, you must provide the person's full name below. Please advise the individuals listed below that they must be prepared to provide photo identification as verification to the Co-op. Anyone from your household under the age of 16 cannot be granted access to your unit, unless you provide your written consent below. Without this consent, no one can access your unit unless the Co-op reaches you or another member of your household and receives your verbal consent for each and every occurrence.

Access Authorization to Enter My/Our Unit

I/We, the members of Unit # _____ of _____ building give consent for the following person(s) who permanently reside in my/our unit or who are regular visitors to my/our unit to have access to my/our household in the event of an emergency, including in cases of lost or misplaced keys:

Name of Individual(s): _____

Date: _____

Person 1 - Full name: _____

Person 2 - Full name: _____

Person 3 - Full name: _____

Person 4 - Full name: _____

Member Name: _____
(please print)

Member Signature: _____
(sign here)

Member Name: _____
(please print)

Member Signature: _____
(sign here)



THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9
(416) 261-1110 (Phone) (416)261-4744 (Fax) Email: thurlestonecoop@rogers.com

PAYOR'S PRE-AUTHORIZED DEBIT AGREEMENT

Customer Information - Please print clearly

Reference Number - Optional, Surname, First Name, Phone No., Address, Apt, P.O. Box, City, Prov, Postal Code

Pre-Authorized Debit (PAD) Details

Fixed Amount, Purpose, Personal, Business, Funds Transfer, Variable Amount Maximum, Frequency, Start Date, Weekly, Bi-weekly, Monthly, Sporadic, Other - Specify intervals, set dates or specific act, even or other criteria that triggers PAD

Bank Account Information

Payor Account Details - Name (the Payor's account at the Processing Institution)

Institution ID, Branch ID, Account Number - Must be 12 digits

ATTACH BLANK CHEQUE MARKED "VOID"

If only 1 signature is required for the Account, then only 1 Payor need sign. If 2 or more signatures are required, then both or all Payors must sign.

AUTHORIZATION

I authorize _____ to debit my account with the aforementioned financial institution for the amount and frequency described above until written notice to the contrary is given.

Payor Signature, Payor Signature, Date

WAIVER OF PRE-NOTIFICATION

I waive any and all requirements for pre-notification of debiting, including, without limitations, pre-notification of any changes for PAD due to a change in any applicable tax rate, top-up or adjustment.

Payor Signature, Payor Signature, Date

RECOURSE/REIMBURSEMENT

I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with the PAD Agreement. To obtain more information on my recourse rights, I may contact my financial institution or visit www.cdnpay.ca.

CANCELLATION

This Authorization may be cancelled at any time upon notice being provided by me, either in writing or orally, with proper authorization to verify my identity within 10 days before the next PAD is to be issued. I acknowledge that I can obtain a sample cancellation form or further information on my right to cancel this Agreement from _____ or by visiting www.cdnpay.ca.



THURLESTONE CO-OPERATIVE INC.

22 Fishleigh Drive, Unit 3, Scarborough, ON, M1N 1G9
(416) 261-1110 (Phone) (416)261-4744 (Fax) Email: thurlestonecoop@rogers.com

Terms and Conditions

1. In this Agreement, "I", "me" and "my" refers to each Account Holder whose signature appears.
2. I authorize the Payee, in accordance with the terms of my account agreement with my Financial Institution, to debit or cause to be debited the Account for the purposes indicated in this Agreement.
3. Particulars of the account the Payee is authorized to debit are indicated in the Account details section of this agreement. A specimen cheque, if available for the Account, has been marked "VOID" and attached to this Authorization.
4. I undertake to inform the Payee, in writing, of any change in the Account information provided in this Authorization 10 days prior to the next due date of the PAD.
5. Revocation of this Authorization does not terminate any contract for goods or services that exist between Thurlestone Co-operative and me. This authorization applies only to the method of payment and does not otherwise have any bearing on the contract for goods or services exchanged,
6. I acknowledge that provision and any delivery of this Authorization to the Payee constitutes delivery by me to my Financial Institution.
7. Unless I have waived any and all requirements for pre-notification of debiting in the Waiver of Pre-Notification section of this Agreement, I acknowledge that I will receive written notice of the amount and payment date from the Payee at least 10 calendar days prior to the payment date:
 - a. For the first PAD when the amount is fixed for a Business or Personal PAD.
 - b. Anytime there is a change in the amount or payment date when the amount is fixed for a Business or Personal PAD.
 - c. For every PAD when the amount is variable and is a Business or Personal PAD.
 - d. For any change in the amount resulting from an increase in any applicable tax rate, a top-up or any other adjustment for a Business, Personal or Funds Transferred PAD.
8. If this Authorization provides for PADs with sporadic frequency, I understand the Payee is required to obtain an authorization from me for each and every PAD prior to the PAD being exchanged and cleared. I agree that a password or security code or other signature equivalent will be issued and will constitute valid authorization for my Financial Institution to debit the Account.
9. I agree that my Financial Institution is not required to verify that any Personal PAD has been drawn in accordance with the Agreement, including the amount, frequency and fulfillment of any purpose of any Personal PAD.
10. I acknowledge that, if this Authorization is for personal or business PADs, or for funds transfer PADs that have recourse through the clearing system, a PAD may be disputed but only under the following conditions:
 - a. The PAD was not drawn in accordance with this Authorization;
 - b. This Authorization was revoked; or
 - c. Pre-notification was required and was not received.
11. I further agree that in order to be reimbursed, a declaration to the effect that either (a), (b), or (c) took place must be completed and presented to the branch of my Financial Institution holding the Account on or before the 90th calendar day in the case of a personal PAD or a funds transfer PAD that has recourse through the clearing system or, in the case of a business PAD, on or before the 10th business day, in each case after the date on which the PAD in dispute was posted to the Account.
12. I acknowledge that any claim made after the periods set out above must be resolved solely between me and the Payee and there is no entitlement to reimbursement from my Financial Institution
13. I agree that if this Authorization is for funds transfer PADs and the Payee does not provide recourse through the clearing system, then no recourse will be provided through the clearing system (that is, I will not receive automatic reimbursement or recourse from the Payee in the event a PAD is erroneously charged to the Account.
14. I understand that I am participating in a PAD plan established by the Payee, I accept participation in the PAD plan upon the terms, and conditions set out herein.
15. I consent to the disclosure of any personal information that may be contained in the Authorization to the financial Institution that holds the account of the Payee to be credited with the PAD to the extent that such disclosure of personal information is directly related to and necessary for the proper application of Rule H1 of the Rules of the Canadian Payments Association.

AUTHORIZATION

By signing this agreement, I acknowledge having received and read a copy of this agreement. I furthermore agree to be bound by the terms and conditions of this agreement.

I/We warrant and guarantee that the person(s) whose signature(s) are required to sign on the Account have signed the agreement.

Payor Signature	Payor Signature	Date
-----------------	-----------------	------