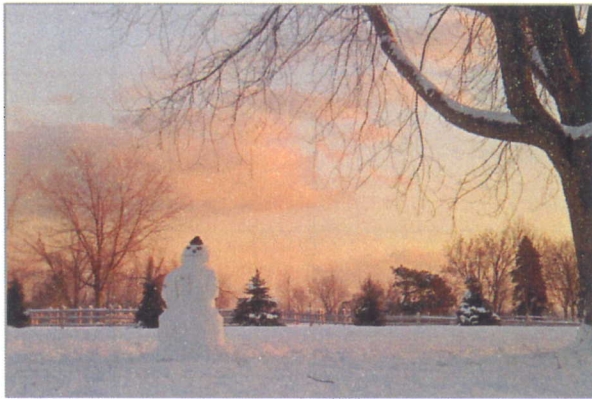


THURLESTONE NEWSMAGAZINE

March-April 2015



Like contemplating a butterfly emerging from its cocoon, its equally awesome to see the first signs of Spring emerging from its white snowy shroud.

Soon the -40 arctic degrees with its damaging power, challenging our water system will be just a fading memory while enjoying being intoxicated by the colorful blooms, the fragrance, the warm embrace of the sunlight.

Dreaming? . . . A little bit early? . . . Ok, a step at a time, lets enjoy the March Break while waiting for a full Spring blossom.

Thank you to all those who helped and contributed articles and images!
From the NewsMagazine Committee

Submissions are always welcome.

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

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Finance Mtg 7:00 pm	5 Purin	6	7
8 Daylight-Saving Time Begins <i>International Women's Day</i>	9 Commonwealth Day	10 Budget/Board Mtg 7:00 pm	11 Bylaw Mtg 10 am	12	13	14
15	16	17 <i>St. Patrick's Day</i>	18 Bylaw Mtg 9 am	19	20 First Day of Spring/Vernal Equinox	21
22	23	24	25 GMM 7:30pm Bylaw Mtg 10 am	26	27	28
29 <i>Palm Sunday</i>	30	31 Board Mtg. 7:00 pm				

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bylaw Mtg 10 am	2	3 <i>Good Friday</i>	4 <i>First Day of Passover</i>
5 <i>Easter</i>	6 <i>Easter Monday</i>	7	8 Finance Mtg 7:00 pm Bylaw Mtg 10 am	9 Vimy Ridge Day	10	11 <i>Last Day of Passover</i>
12 <i>Orthodox Easter</i>	13	14	15	16 Newsletter Mtg. 7:00 pm <i>Holocaust Remembrance Day</i>	17	18
<i>Office Closed</i>						
19	20	21 Board Mtg. 7:00 pm	22 Earth Day <i>Administrative Professionals Day</i> Bylaw Mtg 10 am	23	24 National Arbor Day	25
26	27	28	29 Bylaw Mtg 10 am	30		

March 2015

- ♣ Purin (Thursday 5)
- ♣ World Day Prayer (Friday 6)
- ♣ Daylight Savings Time Begins (Sunday 8)
- ♣ Commonwealth Day (Monday 9)
- ♣ Saint Patrick's Day (Tuesday 17)
- ♣ St Joseph's Day (Thursday 19)
- ♣ Vernal Equinox (Friday 20)
- ♣ World Water Day (Sunday 22)
- ♣ Purple Day – Epilepsy (Thursday 26)
- ♣ Palm Sunday (Sunday 29)

April 2015

- ♣ World Autism Awareness (Thursday 2)
- ♣ Good Friday (Friday 3)
- ♣ First Day of Passover (Saturday 4)
- ♣ Easter Sunday (Sunday 5)
- ♣ Easter Monday (Monday 6)
- ♣ World Health Day (Tuesday 7)
- ♣ Vimy Ridge Day (Thursday 9)
- ♣ National Wildlife Week (April 10-16)
- ♣ Last day of Passover (Saturday 11)
- ♣ World Hemophilia Day (Friday 17)
- ♣ Earth Day (Wednesday 22)
- ♣ World Book Day (Thursday 23)
- ♣ World Malaria Day (Saturday 25)

National Wildlife Week

National Wildlife Week is a program of the Canadian Wildlife Federation to celebrate our country's natural heritage and play an important role in its conservation.

Proclaimed by Parliament in 1947, National Wildlife Week falls every year during the week of April 10 – the birthdate of the late Jack Miner, one of the founders of Canada's conservation movement. "Wild Goose Jack", as he was known, is credited with saving the Canada Goose from extinction. 2015 would mark Jack Miner's 150th birthday.

★★★★★★

Vimy Ridge Day in Canada

Vimy Ridge Day is an annual observance on April 9 to remember Canadians who victoriously fought in the battle of Vimy Ridge in northern France during World War I. The day is also known as the National Day of Remembrance of the Battle of Vimy Ridge.



Notes from the Co-ordinator's Desk



We Need Your Help!

If you are a member of the Co-op looking for a way to fulfill your participation promise to the Co-op, please consider helping in one of these areas:

- Unit Inspections Committee Members and Chairperson Needed
- Office Couriers to deliver mail to Member Units
- Bylaw Committee Members Needed –

Meets Every Wednesday at the Co-op Office. Next Meeting - March 18th - 9:00 a.m.

- Office Cleaner – need one member to give Office a spring scrub



CO-OP OFFICE HOURS

Office Open

Mon. to Thurs.
12:30 p.m. to 3:30 p.m.
Fridays
9:30 a.m. to 12:30 p.m.

To contact the Co-ordinator for assistance, please call 416-261-1110 and leave a voice message, or you may submit an email at:

Please note that morning or some evening appointments are available upon request.

Office Closed

The Co-op Office will be closed in March and April 2015 as follows:

Closed: April 3rd, 2015 – Good Friday

Re-Opens: April 6th, 2015

Closed: April 13th to 17th, 2015

Re-Opens: April 20th, 2015

EMERGENCIES:

If you have a maintenance emergency and it is an evening, weekend, or holiday, or the Office is closed, please call the On-Call Pager and leave a numeric message and wait for a response:

On-Call Pager
416-441-8360

OR

Please contact a Board Representative in your building for emergency assistance.



Air Conditioner Platforms:

Please be advised that the Co-op provides new air conditioner platforms to those Fishleigh households requiring a replacement platform. If your existing platform has become water damaged or rotten, you may trade in your old platform to receive a new one by contacting the Co-op Office during business hours. Please either phone #416-261-1110 or email:

thurlestonecoop@rogers.com

Please note that some of the older air conditioners must be installed using a drip hose to divert water away from the building. You will know if you have one of these models if you're A/C has a drip hole component. If you have an older A/C with a drip hole but do not have a hose attachment to divert water, please contact the A/C manufacturer to obtain one. This is essential in order to avoid water damaging your A/C platform or causing water collection and/or mud splashing onto your neighbour's windows below. Newer A/C models may not

have drip holes and so water collected in the unit is not required to be diverted but sits in an evaporation tray on the unit.

Please also plug the sides of your new or old platforms with Styrofoam in order to prevent birds or squirrels from nesting underneath the platforms and to prevent them from trying to access your unit through the window areas. Please take steps to ensure that your A/C unit is properly installed and secured. All A/C units installed are the property and legal responsibility of the member household where they are installed. You must ensure its safe installation so that it is safe to all persons within the unit and those persons passing below the windows where they are installed.

ATTENTION: PLEASE TAKE NOTICE THAT ABSOLUTELY NO NAILS OR SCREWS ARE TO BE FASTENED INTO THE VINYL WINDOWS AT ANY TIME. AIR CONDITIONERS MUST BE SECURED WITHOUT DAMAGING OR PERFORATING THE VINYL WINDOW FRAMES, AS IT WILL PERMANENTLY DAMAGE THE WINDOW.

Thank you for your co-operation and attention in these important matters.



Upcoming General Members Meeting – Wednesday, March 25th, 2015 at 7:30 p.m. in the Folcroft Meeting Room

Please note that Participation is mandatory. If you cannot attend, you must send regrets in writing or by email in advance!



HOW MANY DOGS AND CATS ARE PERMITTED IN MY UNIT?

Please be advised that members are allowed to keep a maximum of one

dog and one cat, or two cats within their units.

Members may not keep two dogs in their units, as this is against the Pet Policy passed October 3rd, 1996 by the General Members, item #9 that states as follows:
The number of pets per unit is limited to one (1) cat and/or dog, or two cats....any future exemptions must be requested in writing to the Board of Directors.

Any member household not in compliance with this Pet Policy must take immediate steps to come into compliance as soon as possible. If you have any questions about the Pet Policy, please feel free to contact the Co-op Office for assistance.

Have a Safe and Happy Spring 2015!



Diana Hogan
Co-ordinator
Thurlestone Co-op Inc.

January 2015

**Cliffside Drive, Glen Everest Road, Aylesford Drive,
East Haven Drive, Ridgemoor Avenue**

Watermain Replacement New Sidewalk Connection/Installation

**Expected Project Start Date: Spring 2015
Expected Completion Date: Fall 2015**

The City of Toronto will be constructing new sidewalks and replacing the existing watermain in the Cliffside Drive area. This project will also involve replacing the City-owned portion of any substandard water service in watermain replacement projects in order to improve the water distribution system and drinking water quality. This project is part of the 2015 Transportation and Watermain Capital Works Programs.

Work will take place on the following street (see map on page 2):

Watermain and Water Services Replacement

1. Cliffside Drive from East Haven Drive to Aylesford Drive,
2. Cliffside Drive (Cul-de-Sac, southeast leg) from Cliffside Drive to East Limits
3. East Haven Drive from Ridgemoor Avenue to 115m north of Cliffside Drive
4. Ridgemoor Avenue from Kingston Road to Pell Street

New Sidewalk Connection/Installation

1. Glen Everest Road (Eastside) from Kingston Road to Aylesford Drive
2. Aylesford Drive (Northside) from Glen Everest Road to East Haven Drive
3. East Haven Drive (Eastside) from Aylesford Drive to Cliffside Drive
4. Cliffside Drive (Southside) from East Haven Drive to Glen Everest Road

Further notice will be given before construction starts with a more accurate start date and other information regarding this project. Your co-operation and patience during the construction period is crucial and appreciated.

Public Information Centre (PIC)

An Open House is being held to provide the community with more information about the project, how it will be implemented, and what disruptions to expect.

Thursday, February 12, 2015 at 6:00 to 8:00 pm
Cliffside Public School – Gymnasium
27 East Haven Drive (at Cliffside Drive)

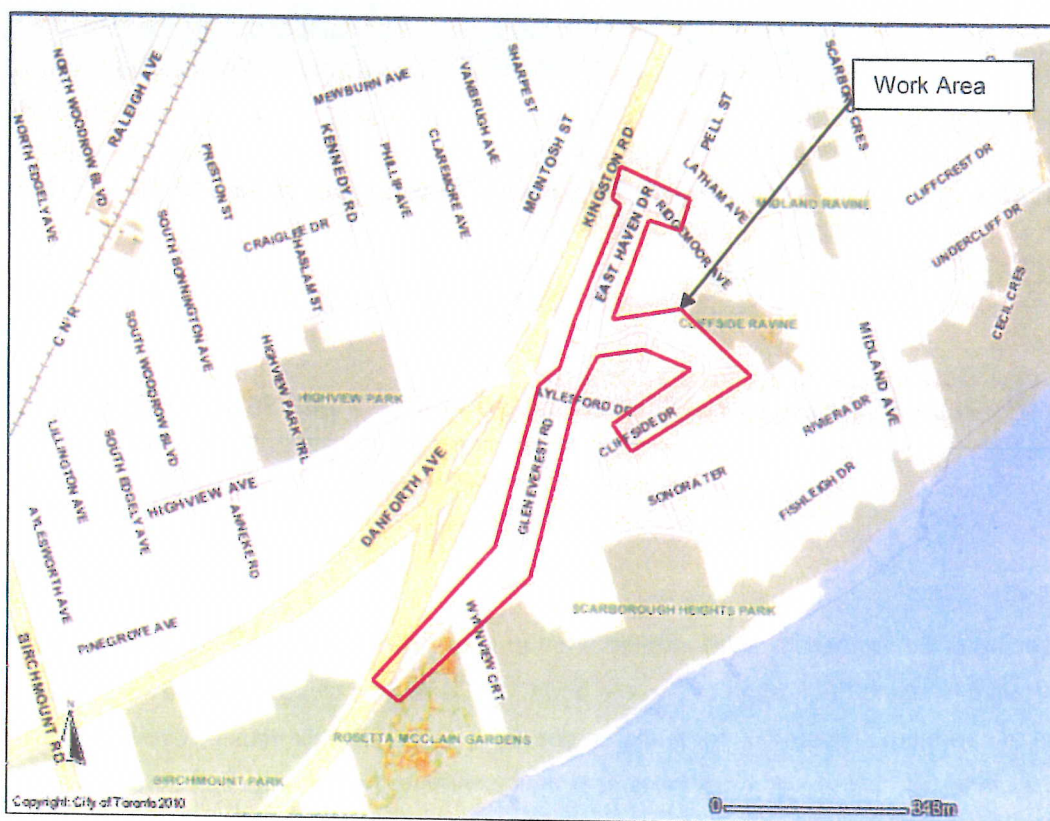


Project Details

This project will involve elements of the following on some streets:

- installing a new watermain
- replacing substandard water services
- replacing and installing new fire hydrants
- replacing deteriorated curbs and sidewalks
- building new sidewalks
- existing hedge and tree removal
- boulevard and driveway restoration
- sod replacement as required

Map of Work Area



For more information:

Project website

www.toronto.ca/improvements
www.toronto.ca/leadpipes

Contact:

Mae Lee
 Public Consultation

rigma_lee@toronto.ca
 416-392-8210

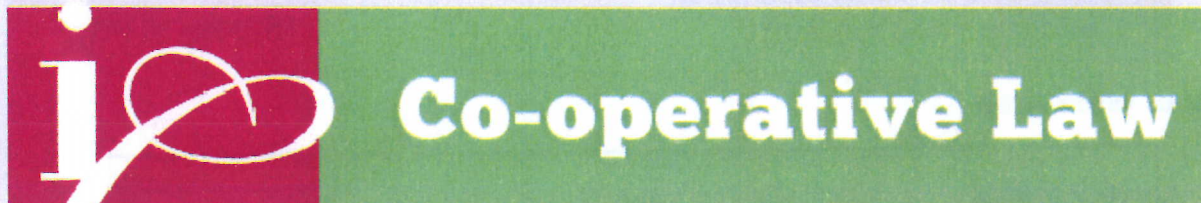
Councillor
 Scarborough Southwest

Gary Crawford
 Ward 36

416-392-4052
councillor_crawford@toronto.ca

From: Iler Campbell LLP <info=ilercampbell.com@mail221.atl101.mcdlv.net> on behalf of Iler Campbell LLP <info@ilercampbell.com>
Sent: December 18, 2014 9:08 AM
To: Diane
Subject: New Co-op Law Post on Iler Campbell's Blog

Is this email not displaying correctly?
[View it in your browser.](#)



New Co-operative Law Post on Iler Campbell's Blog

End of co-op operating agreements: leaders press for continued funding

Dec 17, 2014 11:03 am | Celia Chandler

The evening of December 16, 2014 marked another in a series of meetings organized by the Co-operative Housing Federation of Toronto and CHF Canada to discuss the pressing issue of the end of operating agreements for many co-operative and non-profit housing providers. In the GTA alone, 14 co-ops will reach the end of their operating agreements in the next two years.

Despite the season and the weather, some 70 + members and staff of housing co-ops, property managers, and others from the sector attended a meeting at Campden Green housing co-op in Scarborough. When the operating agreements ends, the rent supplements end. There is no commitment from the federal government to provide rent supplements for the low income members who will be affected by this. We heard about the impact of the potential cuts from co-op members. If the federal government doesn't shift its current course, the social housing waiting lists in Toronto, currently 93,000 people, will surely grow by thousands. Sector

Revision of Occupancy By-Law

Originally passed in 1989 – needs plain language reading and amendments regarding new legislated eviction proceedings. Other major changes are not anticipated.

Invitation to Members to Help

By-law amendment can be important – some of you may want to help in the process a little bit, or a lot, depending upon your time, etc. **Here are options for member input into the process of amending the Occupancy By-law.** Help do a detailed review of the old by-law and understand the changes needed. Weekly meetings of committed members will result in a recommendation to the Board, for final approval by Members. Hopefully the process will only be a month or two. You can:

1. **PARTICIPATE IN THE WEEKLY MEETINGS – Wed. mornings**
This would be a serious commitment of your time until the process is completed. Next meeting 9 a.m. Wed., Mar. 18th. Thereafter, 10 a.m. on Wednesdays.
2. **PARTICIPATE BY EMAIL – for your individual input after review**
This would be a commitment of your time to review the documents being reviewed by the Co-ordinator and members who are meeting weekly. Information will be emailed to you for your input by email, but **timely response is required.**
3. Let us know if you have other ideas about giving us your input before Board reviews it, or before member approval.

Contact the Co-op Office by email at thurlestonecoop@rogers.com, or leave a phone message for the Coordinator at (416) 261-1110 indicating your interest in being involved. You will be contacted.

All members will have an opportunity to review and provide input prior to final approval at a general members' meeting.

Phenomenal Woman

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size

But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms

The span of my hips,
The stride of my step,
The curl of my lips.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.

They try so much
But they can't touch
My inner mystery.

When I try to show them
They say they still can't see.

I say,
It's in the arch of my back,

The sun of my smile,
The ride of my breasts,
The grace of my style.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.

I don't shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.

I say,
It's in the click of my heels,

The bend of my hair,
the palm of my hand,
The need of my care,

'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Maya Angelou



Quotes for women

"Above all, be the heroine of your life, not the victim."

Nora Ephron

"A girl should be two things: who and what she wants"

Coco Chanel

If you want something said, ask a man; if you want something done, ask a woman.

Margaret Thatcher

The fastest way to change society is to mobilize the women of the world.

Charles Malik

The thing women have yet to learn is nobody gives you power. You just take it.

Roseanne Barr

Remember, no one can make you feel inferior without your consent.

Eleanor Roosevelt



Raccoons - A Love Affair

By Patricia Gadicke

When darkness rules and all is quiet, there is a presence that lurks, waiting. Screams and other strange sounds shatter the silence. You peer through the curtains into the darkness and there is a face staring back. It wears a mask, but wait.... don't panic....no need to call 911. Chances are it is only *Procyon lotor*, better known as the North American Raccoon.

These are amazing, intelligent animals that I was fortunate enough to interact with, quite closely for about 6 years. Four generations of raccoons became part of my life, and the observations that I made, gave me a new perspective and respect for them.

Raccoons have adapted very well to life in urban areas. Plentiful food sources and the lack of natural predators have allowed their numbers to grow to the point where peaceful co-existence with humans is increasingly difficult. Almost everyone has seen a raccoon at one time or another. And of course the evidence they leave behind, such as overturned garbage bins and destroyed lawns and gardens. In some neighbourhoods they are Public Enemy #1.

I wasn't always a fan of raccoons. Like most people, I had seen one or two skulking around the yard, but I didn't think much about it. Then I met Splash and Cash. And everything changed. They were doing what raccoons do....digging up my garden looking for grubs and other insects. No amount of stamping my feet or clapping my hands would make them move. Finally, I picked up my broom with the intention of sweeping them from my garden and as I got closer....it happened. I saw their oh so cute faces and my heart melted. I was hooked.

Naturally, the next step was to start feeding them. But what did they eat besides my garden? After a little research, I learned that they were omnivores which meant that they would eat almost anything. So of course I fed them cheerios. Word must have spread quickly through the local raccoon population because it wasn't too long before I had fifteen to twenty showing up every night for dinner. That's a lot of cheerios.

It seems that my yard had become an unofficial sanctuary. The raccoons learned very quickly that they would be safe and well fed here. And they also learned to trust Jeff and I to the point where we could hand feed them. They loved stale muffins and were particularly fond of dry dog food. And dog food was cheaper than cheerios.

I was amazed at how intelligent and dexterous they are. Their front paws are just like human hands, and they are very adept at using them. I've seen them turn door knobs and unlatch gates to get what they wanted. Several, that lived in my garage would open the side door, enter, then close the door behind them.

During my research, I learned a lot of very interesting facts about raccoons. Did you know that they are related to bears? If you get the chance, just watch one walk. Like bears, they walk flat-footed, which gives them that lumbering gait. In the fall, raccoons bulk up and get ready for winter just like bears, but they only hibernate in extremely cold weather. Usually in my garage or under my roof.

The vocal range of raccoons is quite astounding. They have a language all their own. Depending on the situation, they can hiss, purr, growl, scream and chatter. If you watch and listen long enough, you can get pretty good at understanding them. For instance, if they feel threatened, they will hiss and growl, but if they feel safe and calm, they will actually purr like a cat. I spent many a summer night sitting in the garden swing with a raccoon chilling out beside me.

Spending every evening in the yard surrounded by dozens of wild raccoons is not for the faint of heart. After all they are wild and can be very unpredictable. Not to mention smelly. Oh and did I mention that most raccoons carry the rabies virus. I guess that's why the city frowns on the feeding of them. I'm not sure if I was very brave or very stupid. I guess it depends on who you ask. Raccoons have razor sharp teeth and claws, which makes petting out of the question. No matter how cute and cuddly they look, I like my fingers just as they are.

Over the years, many raccoons came and went and came again. One thing noticed was that each raccoon had it's own unique personality. Some were shy, some were bold and there were even some clowns in the group. But one thing was for sure....there was never a dull moment. And I loved each and every one. Of course I had my favourites. There was the pair that started it all....Splash and Cash, but I think the one that remains dearest to my heart was Megan. I watched her grow from a clumsy kit to a mother with kits of her own. She has 7 babies in her first litter, which was unusual. Most litters are 3-5. But what makes her even more special was the fact that she trusted us so much that she would bring her babies into my kitchen and leave them while she went out foraging. I'm not sure if I was raccoon day care or raccoon nana, but one thing I'm sure of....it was a wonderful experience.

It's been a few years since we moved out of the house and into an apartment building and I miss those cute, masked faces. But from time to time I catch a glimpse or hear the chatter of the locals and it gives a little tug on my heart. Raccoons are very special to me and I hope that I was able to give you a new perspective on a very intelligent and adaptable creature.



10 Ways To Get Rid Of A Headache

by Lana

Popping a pain reliever seem an easy way out when you are in a world of constant traffic jams, hectic schedules and high speed mobility. Here are 10 ways you can reduce the banging inside your head.

1. Pressing might help. A LOT.

Massage the skin between your forefinger and thumb with a firm, circular motion. Continue in this fashion for several minutes and switch to the other hand until the pain subsides. Massage experts believe this is linked to special parts of the brain where the headache originates from.

2. Water

Dehydration is most common cause of headaches and relief can be attained by simply rehydrating yourself. Alcohol can severely dehydrate your body resulting in post drinking headaches. Therefore this explains the headache and the vomiting from a hangover. Drinking a lot of water may do wonders in situations like these. Try taking small sips and keep your body hydrated throughout the day. The pain gradually subsides.

3. Cure by caffeine

A cup of strong coffee might give you a head start. Caffeine helps reduce the blood-vessel swelling and diminishes headaches to a great extent. No wonder many painkillers contain caffeine.

Painkillers work faster with caffeine in them without which the pills would be much slower and less effective. But careful! Caffeine can act as a double edged sword. You might find yourself abusing the painkiller simply looking to find relief.

4. Hot Vs. Cold

You won't believe this but, soaking your feet in hot water can help your head feel lighter. By drawing the blood to your feet, it eases the stress on the head. The hot-eater foot bath does wonders! This might sound even more contradictory but you can follow this up by applying a cold compress to your forehead. Use a washcloth with a couple of cubes of ice or just simply use a bag of frozen peas! The head pain originates from the tension in the nerves at the back of your neck. Putting the compress there will relieve the stress you are feeling at the base of your skull.

5. A cool dark place to nap

If you have the time, try to lie down and de-stress for at least 20 minutes. Turn the lights off, draw the blinds and put all your attention into breathing in and out. Place a moist cloth over your eyes. Nothing will be better than a sleep or a quick nap at this point. Just make yourself comfortable.

Make sure the bed or the couch is comfortable and that your head is supported in such a way that your neck gets no stress. Dim the lights. Avoid bright and unnatural lights and make the atmosphere to suit your bedtime conditions. Wearing eye mask helps. Massage the sides of your forehead while concentrating on inhaling and exhaling.

6. Calm down

Being angry, irritable, frustrated, etc., may build up causing the muscle to reach a point where it becomes tight and this causes headaches. Seeking out professional counseling or psychological help for finding a solution to your everyday problems and how to manage emotions might be a long term solution to curing a regular headaches.

If you have a habit of gritting your teeth or clenching your jaw then avoid doing so. Yawning helps ease the facial muscles. Relax your face muscles. Practice certain specific exercises before involving yourself in stress generating activities like exam, taking a drivers' test, etc.

7. Munch on a gingerroot

In certain animals (including humans) lipid(fat) compounds within the cell is synthesised by a process called Prostaglandin synthesis. Biological processes like inflammation, and alerting neurons to pain are mediated by these fatty substances which act like little chemical messengers.

Some drugs such as aspirin inhibit its synthesis while certain enzymes spark off the prostaglandin synthesis. One other natural substance which inhibits its synthesis is Gingerroot. It also helps in easing the feeling of nausea when you are down with migraine. So the next time you are home sick with a headache, consider having a nice hot cup of ginger root tea!

8. Posture matters

Posture makes all the difference in the world when it comes to tension type headaches. How often are we guilty of having a wrong posture? A lot of us spend days working in an office sitting with a wrong posture staring at the screen of our computers.

Nasty headaches arise when we slouch, slump, and hunch forward. This strains our muscles resulting headaches. Using an ergonomic chair might do wonders if you are sitting for long periods of time, standing up relaxed, with an open chest, shoulder back, and your stiff neck will help in the long run. Posture is highly improved if you build your core muscles, since the centre dictates our ability to balance and strengthen support.

9. Apply something constructive

Take a bandana, scarf, or a necktie and tie it around your forehead to the point when you can just feel it pressure around your head. This reduces the flow of blood to the scalp and helps relieve the pain caused by swollen blood vessels. Moisten the bandana with vinegar or water to accelerate relief.

10. Do yoga

When leading fast pace life, busy and filled with more than a little stress, headaches are bound to find us. This is due to the knotting up of muscles usually in the upper back, neck and shoulder. One thing that can help get your mind resolute, is a session of yoga. Extend out your muscles, and get yourself stretched in ways that can help you drop the stress. Yoga had been admitted to be the one solution to multiple problems. As the pain starts, you can start with a series of well defined steps to relieve it. Few moves daily will help you in the long run preventing headaches before they can reach you.

Protect your SIN!

Your **Social Insurance Number (SIN)** is confidential. With Service Canada, you share the responsibility of protecting your SIN from inappropriate use, fraud, and theft.

- ◆ Never use your SIN card as a piece of identification.
- ◆ Never provide your SIN over the phone unless you made the call and you know who you are dealing with.
- ◆ Never reply to e-mails that ask for personal information like your SIN.
- ◆ Shred paper records with personal information and your SIN once you no longer need them.
- ◆ Take immediate measures to protect your SIN when you suspect someone else is using your SIN fraudulently.



For more information contact [Service Canada](#) at 1-800-206-7218 (Select option 3) or www.servicecanada.gc.ca

Tips for Staying Mentally Sharp as a Senior

By *Krishna McCoy* | Reviewed by *Cynthia Haines, MD* | *Marie Suszynski* also contributed to this report

Promising research indicates that taking the following steps can help keep your mind sharp as you age:

- Control cholesterol problems and high blood pressure. These conditions can increase your risk for heart disease and stroke, which are thought to contribute to the development of certain types of dementia. Cardiovascular health — having healthy blood sugar, cholesterol levels, and blood pressure, along with being physically active, eating a nutritious diet, maintaining a healthy weight, and not smoking — was associated with better cognitive function in a 2014 study published in PLoS One.
- Don't smoke or drink excessively. Because these are both seen as putting you at increased risk for dementia, kick the habit if you smoke and, if you drink, do so only in moderation.
- Exercise regularly. Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk for conditions such as high blood pressure that are associated with the development of dementia. Consistent vigorous exercise helps lower the risk for dementia, according to a study published in Annals of Medicine in 2015.
- Eat a healthy diet. People who consume plenty of vegetables and fatty fish and keep away from saturated fats are thought to have a lower risk for cognitive decline.
- Stimulate your brain. People with less education are at higher risk for dementia, according to the Alzheimer's Association, because mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, learning new skills, playing challenging games, and doing other activities that require an engaged mind. People who are more socially and intellectually involved are less likely to develop dementia.

<http://www.everydayhealth.com/conditions/senior-health>

Fruits and Vegetables

- Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity.
- No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty everyday

A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar which can help keep appetite in check.

Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. Try dark leafy greens; brightly colored red, yellow and orange vegetables and fruits; and cooked tomatoes.

Eat more vegetables and fruits each day

1. **Keep fruit where you can see it.** That way you'll be more likely to eat it.
2. **Explore the produce aisle and choose something new.** Variety is the key to a healthy diet.
3. **Skip the potatoes.** Choose other vegetables that are packed with more nutrients and more slowly digested carbohydrates.
4. **Make it a meal.** Try cooking new recipes that include more vegetables.

Epilepsy Awareness

Complex partial seizures affect consciousness while they're happening and people can't remember them afterwards. If someone you know experiences a seizure:

- ♦ Don't try to restrain them. If danger threatens them, guide them gently away (stairs, traffic)
- ♦ Remove anything from the area that may cause injury or could be a hazard (sharp objects, slippery surfaces)
- ♦ Be reassuring, comforting and calm as awareness returns

If you suffer from seizures:

- ♦ Wear a medical identification bracelet
- ♦ Install a "door open" type alarm on all exits of your home
- ♦ Carry a personal GPS tracking device

Did you know... Complex partial seizures are particularly common in older adults with epilepsy? During this seizure people appear dazed or confused and may be found walking randomly in an altered awareness state.

 **the co-operators**
A Better Place For You



For more information phone 1 866 EPILEPSY (374-5377) to contact your local epilepsy association or visit www.epilepsymatters.com to find a local chapter near you.

<http://www.hsph.harvard.edu/nutritionsource>



Avoid Chemicals in the Home Green Clean

By Nicola Kempinska BKin, BA, ND

The buzz in the air around springtime often seems to focus around detoxifying your body and spring-cleaning your home. People start to feel 'alive' again after a winter of hibernation, and want to rejuvenate themselves and where they spend their time. To start fresh this spring, why not take some simple steps to clear out the chemicals, both within our bodies and our homes.

Nowadays, the average person spends around 90% of their time indoors, and studies show that the air we breathe indoors can be even more polluted than it is outdoors! Add to that the chemicals that we put on our skin each day, and we've got a toxic recipe with the potential to prevent us from feeling our best and even worse, possibly lead to dangerous health problems.

Take a look at this list of some of the most commonly found chemicals in cosmetics and beauty products, and the dangers they may have:

Sodium laureth sulfate (SLES) – Found in many beauty products and household cleaners. The manufacturing process contaminates SLES with 1,4-Dioxane, a carcinogenic by-product.

Parabens – Found in deodorants and other cosmetics. Shown to mimic the action of female hormone Estrogen, which may promote breast tumour growth

Musks – Used in many synthetic fragrances. Can accumulate in the body, showing the potential to cause skin irritation, hormone disruption, and cancer.

Phalates – Found in shampoos, fragrances, and deodorants. Linked to birth defects in the male reproductive system and decreased sperm motility in adult men.

Methylisothiazolinone (MIT) – Used in shampoo. Thought to have the potential to cause harmful effects on the nervous system.

Toluene – Found in most synthetic fragrances. Long-term exposure has been linked to anemia, lowered blood cell count, liver/kidney damage, and negative effects on the developing fetus.

Mineral Oil, Paraffin, and Petrolatum – These are known to clog pores and create toxin build up. They also slow cellular development, which can cause earlier signs of aging, and are a suspected cause of disruption to hormonal activity.

MAKE YOUR OWN CLEANING PRODUCTS

Did you know that research has found that a woman's risk of breast cancer is twice as high in those who report the most use of cleaning products and air fresheners, compared to those who rarely use them? The greatest correlation has been found with air fresheners and mildew cleaners.

Reduce your exposure to chemicals by using non-toxic products. Whenever possible, make your own products so you know what goes into them and save money in the process!

All-Purpose Cleaning Spray – Try 1 part vinegar to 1 part water. Or, for a stronger product combine 2 cups water, 1 cup hydrogen peroxide, and ¼ cup lemon juice. The key to the latter formula is to make it as you go, as hydrogen peroxide isn't stable when diluted and will lose its effectiveness after a few days.

Drain Cleaner – Sprinkle baking soda down the drain followed by apple cider vinegar and let it bubble for approximately 15 minutes, then rinse with hot water.

Red Wine Stains – Presoak the stain with vodka, and then wash as usual to remove.

Window/Mirror Cleaner – Combine ¼ cup white vinegar with 1 litre of water. Spray and wipe clean.

Air Fresheners – Try 100% pure essential oils to freshen your home while avoiding the artificial chemical additives.

SKIN CARE

There are thousands of chemicals used in your personal care products, and with skin being your largest, thinnest, and most permeable organ, whatever you apply to it can be directly absorbed into your body and enter your bloodstream.

It is actually thought that putting chemicals on your skin and scalp may be worse for you than eating them, because when you eat something the enzymes in your saliva and stomach help to break it down and flush it out of your body whereas on the skin the chemicals absorb directly into the bloodstream without a filter, heading to your organs.

The good news is that there are plenty of natural beauty products and cosmetics available today. Sometimes the easiest thing to do is make your own personal care products – that way you know exactly what’s going into them, and have access to more whenever you run out!

All-Natural Moisturizers – try coconut oil for your face and body. It’s a great moisturizer and contains potent antibacterial and antiviral properties. Try it as a conditioning hair treatment too!

All-Natural Acne Spot Treatment – you can speed up healing and prevent scarring by using oil of oregano on a breakout. Put 2-3 drops in water and dab on acne spots with a cotton ball (do not use on broken skin, and make sure to wash your hands thoroughly afterwards).

All-Natural Deodorant – aluminum is commonly used in deodorants & antiperspirants and has been linked to the development of Alzheimer’s, and other health conditions. As an alternative, mix ¼ cup organic cornstarch, ¼ baking soda or arrowroot powder, and 6 tablespoons coconut oil together until smooth. Put in a jar and apply with your fingertips daily. The coconut oil is antibacterial and the baking soda deodorizes. ◀

REDUCE CHEMICAL EXPOSURE IN YOUR BODY AND HOME

- Wait a few days before picking up your dry-cleaning, or hang it outside for a day or two before bringing it in. Dry cleaned clothes emit chemicals right after cleaning that have been linked to cancer and neurological problems.
- Use an air purifier – to improve your indoor air quality and reduce pollution within the home.
- Fill your home with beautiful household plants to help filter the air and provide energizing oxygen each day.
- Switch to non-toxic household cleaning products
- Use homemade beauty products and natural cosmetics wherever possible
- Eliminate the use of air fresheners & perfumes/colognes, or use 100% natural alternatives

Nicola Kempinska BKin, B.A. ND is a licensed naturopathic doctor located in Burlington, Ontario. Kempinska practices family medicine, with a special interest in anti-aging medicine & longevity, women’s health, and pain management. She aims to help each patient achieve maximal health and the highest quality of life using evidence-based, individualized medical programs and treatments. To book an appointment with Kempinska call Cedar Springs Medical Centre at: (905)333-9799



HOT & SOUR SOUP

INGREDIENTS

- 1/4 oz dried shiitake mushrooms
- 1 cup boiling water
- 1 small carrot, cut into matchsticks
- 4 cups vegetable stock
- 1 cup bean sprouts
- 1/4 lb firm tofu, cut into 1/4-inch cubes
- 1/8 cup bamboo shoots
- 1/8 cup water chestnuts, matchsticks
- 2 Tbsp | 30 mL soy sauce
- 1 1/2 tsp sambal oelek (chili sauce)
- 1/4 tsp black pepper
- 3 Tbsp cornstarch
- 1 cup cold water
- 2 eggs
- 1 Tbsp toasted sesame oil
- 3 Tbsp rice wine vinegar
- 1-2 green onions (scallions), sliced thin

*Excerpted from
Soup: A Kosher
Collection
(Whitecap Books)
by Pam Reiss*

DIRECTIONS

Rinse the dried shiitake mushrooms well and put them in a bowl. Pour the boiling water over them and set aside, covered, until cooled. When cool, take them out of the water. If the mushrooms are whole, take off the stems and discard, then slice caps into thin strips.

Slowly pour the remaining mushroom water into the soup pot, being careful to leave any residue in the bottom of the bowl. Add the carrot and stock to the pot. Cover and bring to a boil. Once boiled, turn the heat down, simmer gently. Add the bean sprouts, rehydrated mushrooms, tofu, bamboo shoots, water chestnuts, soy sauce, sambal oelek and black pepper and simmer 1 to 2 minutes.

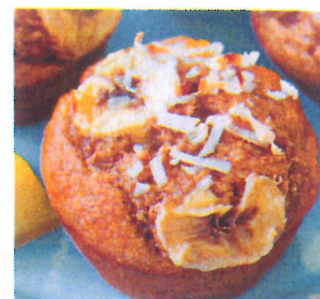
In a separate bowl, whisk together the cornstarch and cold water. Pour into the soup and mix well. Allow the soup to cook another 1 to 2 minutes, until thickened. In another bowl, whisk together the eggs and sesame oil. In a slow, thin stream pour the mixture into the soup and wait for 10 seconds before stirring. Add the vinegar. Garnish with the onions.

Skinny Tropical Muffins

Yield: 15 muffins

Ingredients:

2 and 1/2 cup whole wheat flour (or mix of whole wheat and all-purpose)
1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 cup honey (or maple syrup)
1/2 cup light brown sugar, loosely packed (or dark brown sugar)
1 cup mashed very ripe banana (about 2 large very ripe bananas)
1/4 cup nonfat vanilla greek yogurt (or any yogurt)
1 large egg, beaten
3/4 cup milk (almond milk, soymilk, cow's milk, rice milk)
zest from 1 orange
1 and 1/4 cup fresh pineapple, diced
1 thinly sliced banana for topping
1/4 cup shredded coconut, optional



Directions:

Preheat oven to 325F degrees. Spray 15 muffin tins with nonstick spray.* Set aside.

In a large bowl, gently toss the flour, baking soda, salt, and cinnamon together until combined. Set aside.

In a separate bowl, mix the honey and brown sugar together - it will be thick and lumpy. Try to get out as many lumps as you can - a fork works well to break it up. Add the mashed banana, yogurt, and beaten egg. Slowly pour the wet ingredients into the dry ingredients. Gently begin to fold it all together. It will be very thick. Add the milk slowly and continue to gently mix the ingredients together. The milk will thin everything out, but the batter will still remain thick. Fold in the orange zest and pineapple. Do not overmix the batter, which will lend tough, dense-textured muffins.

Divide the batter between 15 muffin tins. Fill all the way to the top. Top with 2-3 thin slices of the sliced banana and a sprinkle of coconut. Bake the first 12, then the last three in another batch. Fill the empty muffin tins halfway with water in the 2nd batch to ensure even baking. Bake for 17-18 minutes until very lightly browned on the edges. A toothpick inserted in the center should come out clean. Allow the muffins to cool completely.

Makes 15 muffins. Muffins taste best the next day, like most banana bread recipes. Muffins remain fresh and moist stored at room temperature for up to 5 days. Muffins freeze well, up to 3 months.

*Do not use cupcake liners, muffins will stick to liners.

WE NEED YOUR HELP!

The NewsMagazine Committee is always looking for your contributions ~ please send in your ideas, artwork, stories, anecdotes, poems, recipes, etc.

You can also help by delivering the NewsMagazine to the Folcroft location.

Contributions can be submitted to the Co-op office or email us at: t-nm@live.ca



Surprise, surprise, we did not have a winner for the previous NewsMagazine contest

DEADLINE for submission of answers to this issue's contest is April 17th

THE GREEN BIN PROGRAM

Many thanks to all the members who attended the presentation about The Green Bin Program. It was wonderful to see such a great response to such an important issue, that will benefit both the co-op and the environment. The representative from the City of Toronto offered up lots of interesting and useful information, that we are sure will assist us in making this program a successful and cost efficient program for our co-op.

Special thanks to the Social Committee for the refreshments provided during the presentation.

The Social Committee would also like to invite anyone who is interested, to come and join. For more info, please call Pat at 647-717-4725 or contact Diana at the office.



Thomas Tupling

18 09

Irish Blessings

May your pockets be heavy
and your heart be light,
May good luck pursue you
each morning and night.



May your blessings
outnumber

The shamrocks that grow,
And may trouble avoid you
Wherever you go.



Mar/Apr Sudoku:

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

Solution to the previous Anagram:

a o t s t	toast
f i n d e r s	friends
s t r f i	first
n o t i l e s r o u	resolution
o y j	joy
y o d i a l h	holiday
a p r y t	party
a f i l m y	family
o c n t u	count
s k i s	kiss
a a d e p r	parade
t i d e s	diets

Solution to Previous Sudoku:

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

Easter Anagram

Instructions :

Write down each circled letter on the blank spaces beside the corresponding anagram (scrambled letters). Arrange them in the most intelligible way to form an answer that goes with the mood of the occasion. Write it on the blank space entitled "The surprise answer".

Submit your answers to the NewsMagazine box at the Office or E-mail them to *t-nm@live.ca* to win a prize. **The highest score wins but in case of a tie**, the earliest bird will get the worm. Winners will be announced in the next issue of the Newsletter. Entries must be submitted by April, 17th.

Good luck

a[s]tere	:	_____
v[o]e	:	_____
i[s]araf	:	_____
tensa[r]e	:	_____
h[e]ltarfand	:	_____
tites[a]ider	:	_____
rec[p]ie	:	_____
v[a]siour	:	_____

The surprise answer : _____.

Name: _____ Unit: _____

Find the spring related words in the spring word search puzzle grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one spring word. Note that sometimes smaller words can be found in larger words or phrases, so be careful.

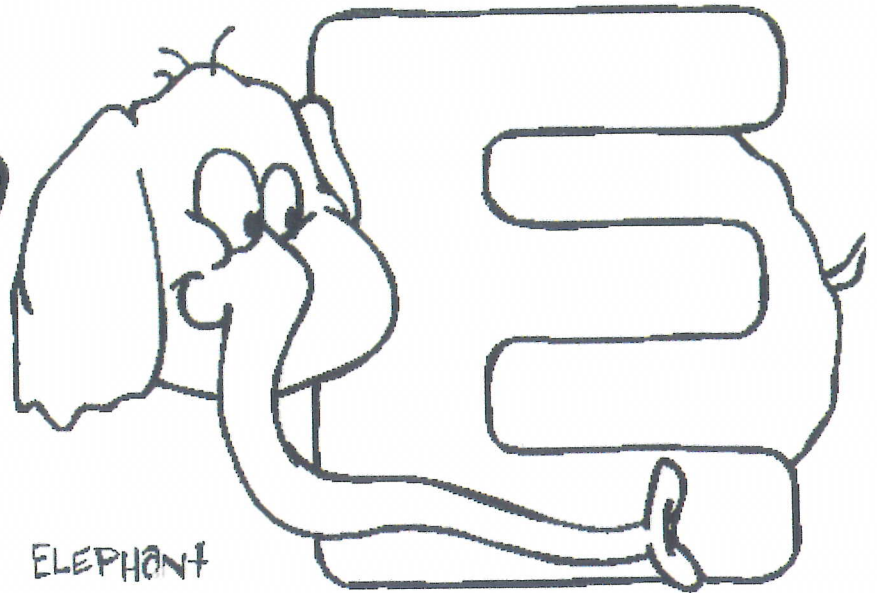
Spring Word Search

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

APRIL	BLOSSOMS	GARDENING	MILD	SHOWERS
BABY	BUDS	GREEN	MUD	SPRING
BIRDS	EASTER	GROWTH	PLAY	SUN
BIRTH	FLOWERS	MARCH	PLANTING	THAW
BLOOMS	FUN	MAY	RAIN	UMBRELLA

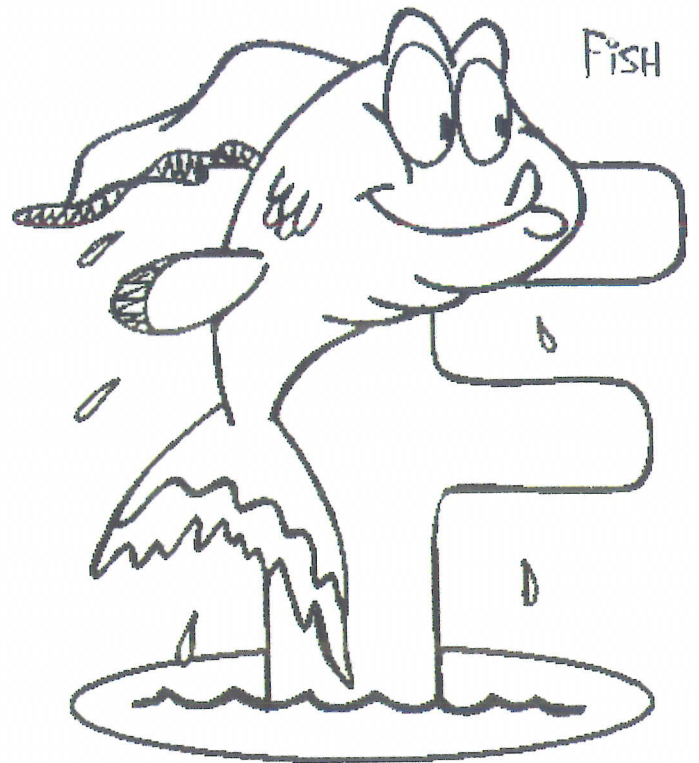


Cat



ELEPHANT

Dog



FISH

