



November 2010



Thurlestone

NewsMagazine

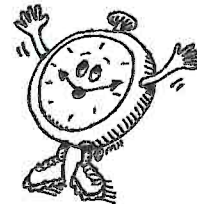
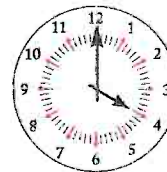
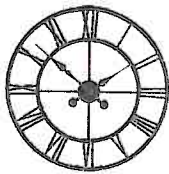




Mission Statement

To promote Unity and Participation

To inform and Entertain



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Acknowledgements: Thanks to all those who helped make this issue possible!

A very special thanks to Alba Salsona who delivers the NewsMagazine each month.



Notes from the Editor

November 2010

The month of November gives new meaning to the expression “chill out”, but even though it seems like a time where you just want to curl up and settle indoors, there are still lots of fun ~ and free ~ things to do. **Be sure to check out the Arts & Entertainment for craft shows and the local Christmas parade.**

Other events:

- **Flu Clinics** are now open for business ! See page 5 for more information.
- **Daylight Savings Time** ends November 7th
- **Remembrance Day** November 11
 - City of Toronto services take place at Old City Hall and at each of the Civic Centres across Toronto: East York, Etobicoke, North York, Scarborough and York. Services are also held at Fort York. The public is invited to attend these events.

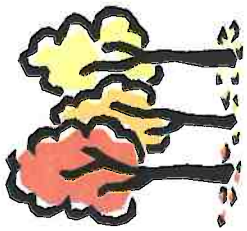
Royal Canadian Legion - Scarborough Zone
November 11 – 11:00 a.m.
Scarborough Cenotaph, (Kingston Road and Danforth Avenue)

- **Fall Work Day** Sunday, November 14th from 10:00 a.m. to noon.

UPDATE





In the October issue, we noted a “Save the Date 2010 Fall Education Program” to be held November 20th at Metro Hall held by the Co-operative Housing Federation of Toronto. If you would like more information, please contact the Co-op Office or visit http://www.coophousing.com/pdf/pdf_winfax/20101028.pdf

Janice Hardacre



November 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2	3	4	5	6 Membership Mtg. 9:00 am
7  Daylight Saving Time Ends	8	9	10	11 Remembrance Day 	12	13
14  Fall Work Day 10:00 am to Noon	15	16 Board Mtg. 7:00 pm	17 Finance Mtg. 7:00 pm	18	19	20
21 Rain Date 	22	23 NewsMagazine 7:00 pm	24	25	26	27
28	29	30				



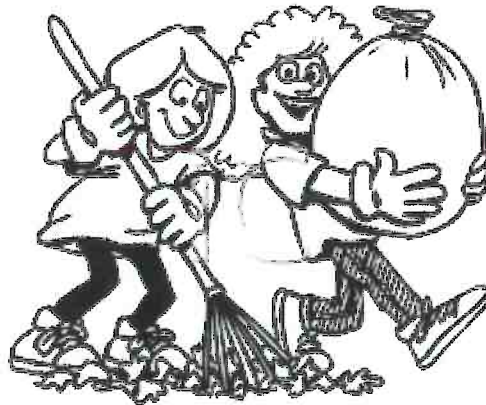
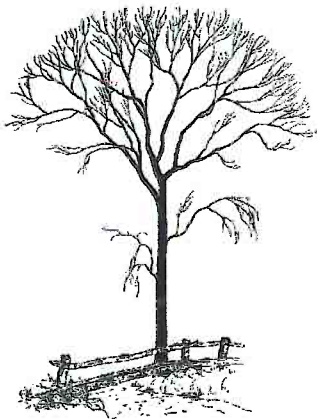
Elizabeth Benitez – 3B

Fall Work Day

**Sunday, November 14th
10:00 a.m. to noon**

Lunch will be at noon at the Folcroft building meeting room

Rain Date is the following week on Sunday, November 21



**2010 – 2011 Let's Beat the Flu !
Protect Yourself. Protect Your Family**

Flu clinics opened on Thursday October 28th in the GTA.

The seasonal flu shot is available at doctors' offices, community health centres and walk-in medical clinics. They are free for everyone six months of age and older, and run until January.

Where can I get my free flu shot?

Call 311 for more information or access the following link for the full schedule for convenient flu shot clinic dates and times:

http://www.toronto.ca/health/flu/pdf/flu_schedule_2010.pdf

Birchmount Community Centre, 93 Birchmount Road
Saturday, November 13: 11:00 p.m. - 3:00 p.m.



What are you looking for ?

Do you have items for sale, for trade, to buy, or give away ?

If you have items you just want to give away, unfortunately, because of fire safety regulations in all common areas, we are not able to designate a place for people to leave items.

If you have something to buy or sell, one option is to list your item and contact information in the NewsMagazine.

Please let us know of any suggestions you may have with this process.



Hold on! The Blue Bin won't accept just anything.

We all want to recycle all we can, but many plastics and metals can't go in the Blue Bin. The wrong item can contaminate the recycling stream, damage equipment and cause workplace injuries. If you don't recycle properly, we can't either. Use our new search tool to learn the ins and outs at toronto.ca/recycling or call 311.

WHAT GOES IN THE BLUE BIN?

Recycling tips

- If it's not listed under **Yes**, it doesn't go in the Blue Bin.
- Rinse containers to remove residue.
- Put items in the Blue Bin **loose** and not bagged (except for shredded paper).
- Remove plastic covers and over-wrap from newspapers, flyers, magazines, catalogues and pop/water cases. Put plastic covers and over-wrap in garbage.

If you don't recycle properly, we can't either. If in doubt, use the **WASTE WIZARD** or call 311.



RECYCLING – YES ✓

Beverage and food containers

Rinse clean and recycle

- **Plastic bottles, jugs (lids on)**
- **Milk/juice cartons and boxes** (put straws in garbage)
- **Glass bottles and jars** (put lids in garbage)
- **Aluminum cans**
- **Plastic food jars, tubs and lids**
- **Metal cans** (place lid inside can and pinch closed)
- **Cardboard cans** (e.g. frozen juice, refrigerated dough, chips, nuts, powdered drink mix – put plastic pull-off strips in garbage; place metal ends inside cardboard can and pinch closed)
- **Aluminum trays, pie plates and roasting pans**



Home and personal product containers

Rinse clean and recycle

- **Plastic bottles** (lids and sprayers on)
- **Aerosol cans** (empty; put caps in garbage)
- **Metal paint cans** (empty; separate lids from cans)



Foam polystyrene and plastic retail shopping bags

Rinse clean and recycle

- **Food and protective packaging** (e.g. drinking cups, egg cartons, meat trays, takeout food containers, electronics packaging)
- **Plastic retail shopping bags without drawstrings, metal detailing or hard plastic handles** (remove receipts; place all plastic bags in one retail or grocery plastic bag and tie handles together)



Paper

Not contaminated with food or chemicals

- **Bags, rolls, junk mail, writing/computer paper, envelopes, window envelopes**
- **Shredded paper** (put in clear plastic bag and tie closed)
- **Gift wrap, cards** (no ribbons, bows, foil wrap)
- **Newspapers, flyers, telephone directories, magazines, catalogues, soft/hardcover books** (remove plastic covers, liners, over-wrap and put in garbage)
- **Boxboard boxes** (e.g. cereal, tissue, detergent, egg cartons – flatten; remove liners, plastic windows and put in garbage)
- **Corrugated cardboard** (clean, unwaxed, flattened; pizza boxes must be empty; remove plastic over-wrap from pop/water cases and put in garbage)



RECYCLING - NO X

"Top Bin Sins"

- Propane cylinders
- Clear plastic food containers, drinking cups
- Plastic blister packs
- Medical waste
- Tools, scrap metal
- Toys
- Clothes, shoes, carpets, curtains, bedding
- Small appliances, electronics
- Cassettes, CDs, DVDs
- Batteries
- Plastic pails, plastic paint pails (with or without metal handles)
- Binders (e.g. three ring)



Household Hazardous Waste (HHW)

Proper disposal of items such as propane tanks, batteries, pesticides, oil, etc. means taking these items to a Drop-off Depot. These types of items must never be put in recycling or garbage.

Drop-off Depot locations: CHECK Collection Calendar VISIT toronto.ca/recycle CALL 311

Other items that don't go in the Blue Bin

- **Hazardous waste:** propane/helium tanks and cylinders, batteries, compact fluorescent light bulbs (Must not be put in garbage; take to Drop-off Depot.)
- **Plastic:** make-up jars, caulking tubes, food storage containers, motor oil jugs, plant trays, flower pots, plates, glasses, cutlery, packing peanuts
- **Plastic (clear):** fruit and vegetable containers, takeout food containers, moulded bakery item trays
- **Plastic (bags/wrap):** plastic over-wrap (on pop cartons, water bottles, toilet paper), bags holding flyers, dry cleaning, milk (outer and inner), produce, bread, sandwich and plastic food wrap
- **Glass:** drinking glasses, dishes, cups, crystal, window glass, light bulbs, mirrors, pottery, pots, pans, make-up jars
- **Metal:** scrap metal, coat hangers, pots, pans, small appliances
- **Aluminum:** foil food wrap, potato chip bags, metallic gift wrap
- **Other paper products:** waxed cardboard, waxed paper
Soiled tissues and napkins go in the Green Bin.
- **Wood:** pieces, flooring, crates for fruit

Note: Some of these items can be recycled at Drop-off Depots or Community Environment Days (toronto.ca/environment_days).

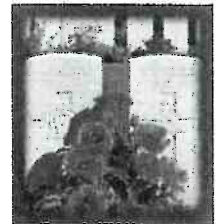
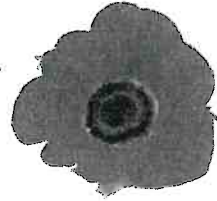


Lest We Forget

Facts on Remembrance Day

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month.
- From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.
- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day - November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.
- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.

www.vac-acc.gc.ca



Remembering Our Past to Preserve Our Future

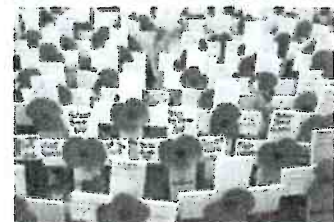
Veterans Affairs Canada joins with all Canadians in recognizing the sacrifices and achievements of those who have served in the cause of peace and freedom around the world over the years.

Veterans, Canadian Forces members and those who have given their lives in the pursuit of peace have made great contributions to our country and the world. The peaceful society we in Canada enjoy today is only a dream to the many people in the world who live in countries torn apart by violence.

This peace is possible only because it has been protected by the efforts and sacrifices of generations of Canadians over the years who have put their lives on the line.

Remembering all that these men and women have done during times of war, military conflict and peace helps us understand the country we live in today and how we can build a better future together.

www.vac-acc.gc.ca





At-a-Glance Symptoms Chart FC By Erica Lumière

FAMILY CIRCLE BONUS

Sore Throat, Sniffles, Cough Should You Worry?

Some common health woes may be either minor discomforts or signs of a serious illness. Here, a guide to help you figure out what your symptoms could mean and when you should see a doctor. If you have an unusual or persistent medical problem, consult your physician.

Erica Lumière is an associate health and nutrition editor at FC.

Sore Throat

Along with these symptoms	Could mean	What you can do
Hoarseness, loss of voice and possibly a dry cough.	An irritated throat (from breathing dust or smoking) or laryngitis (from overuse of voice or an infection).	Rest your voice and avoid irritants (like cigarette smoke). To relieve soreness (no matter what the cause of your sore throat), drink hot tea with honey or suck on hard candy. Anesthetic throat lozenges can also help. If symptoms don't subside in 2 weeks, see a doctor. In case of bacterial infection, antibiotics may be necessary.
A stuffy or runny nose and/or sneezing, along with a cough; possibly also fatigue, headache and a loss of appetite.	A cold or some other minor viral infection.	Have plenty of hot fluids to break up congestion. An aspirin* or aspirin substitute (like acetaminophen) will help relieve any pain; an over-the-counter (OTC) cough preparation can treat a cough. You may also want to try vitamin C supplements, or zinc lozenges (up to 66 mg a day); both are thought to shorten the duration of a cold. If symptoms don't subside in 7 to 10 days, see a doctor.
Chills, muscle aches, headache, fatigue and a high fever, as well as a cough and a mild runny nose; some sneezing.	The flu.	Get some bed rest and drink plenty of fluids. An aspirin* or aspirin substitute (like acetaminophen) will help relieve any pain; an OTC cough preparation can treat a cough. If you also suffer from nausea or diarrhea, or if symptoms do not improve after 5 days, see a doctor.
A fever; may also have a headache and difficulty or pain when swallowing.	Strep throat.	See a doctor. Unless strep is treated with antibiotics, it can lead to rheumatic fever. (Kids are especially at risk.)
A low-grade fever and a stuffy or runny nose; may experience pain or tenderness in the teeth and forehead and behind the eyes.	Sinusitis (an infection of the sinuses).	An OTC pain reliever,* saline nasal spray and hot compresses can relieve discomfort; inhaling steam (from hot water in a bowl) will help open up nasal passages. An OTC decongestant may be used but for no more than 3 days in a row. If symptoms don't subside in 5 days, see a doctor. Antibiotics or allergy testing may be suggested. Chronic cases may need surgery.
Fever, chills, earaches, headache, swollen tonsils and difficulty swallowing.	Tonsillitis (an infection of the tonsils).	See a doctor right away. Antibiotics or even surgery to remove tonsils may be required.

Sniffles/Stuffy Nose

Along with these symptoms	Could mean	What you can do
A sore throat and a cough, with possible sneezing; may also suffer fatigue, headache and a loss of appetite.	A cold or some other minor viral infection.	Have plenty of hot fluids to break up congestion. An aspirin* or aspirin substitute (like acetaminophen) will help relieve any pain; an OTC cough preparation can treat a cough. You may also want to try vitamin C supplements, or zinc lozenges (up to 66 mg a day); both are thought to shorten the duration of a cold. If symptoms don't subside in 7 to 10 days, see a doctor.
Chills, muscle aches, headache, fatigue and a high fever, as well as a cough and a sore throat; some sneezing.	The flu.	Get some bed rest and drink plenty of fluids. An aspirin* or aspirin substitute (like acetaminophen) will help relieve any pain; an OTC cough preparation can treat a cough. If you also suffer from diarrhea and nausea, or if symptoms do not improve after 5 days, see a doctor.
A postnasal drip (mucus down the back of the throat) and itchy eyes or throat; possible sneezing and a thin, watery nasal discharge.	Allergic rhinitis (hay fever) or some other nasal allergy.	An OTC antihistamine can help relieve discomfort. An OTC nasal decongestant may also be used, but for no more than 3 days in a row. If symptoms don't clear up in two weeks, see a doctor to determine if an allergy is to blame.
A sore throat and low-grade fever; may also experience pain or tenderness in the teeth and forehead and behind the eyes.	Sinusitis (an infection of the sinuses).	An OTC pain reliever,* saline nasal spray and hot compresses can relieve discomfort; inhaling steam (from hot water in a bowl) will help open up nasal passages. An OTC decongestant may be used but for no more than 3 days in a row. If symptoms don't subside in 5 days, see a doctor. Antibiotics or allergy testing may be suggested. Chronic cases may need surgery.
Difficulty breathing on one side of the nose; may also have pain and numbness on that side of the face, as well as a bloody nasal discharge.	A tumor in the nose.	See a doctor for a complete examination. Surgery may be necessary.

*Children under 18 years old should never be given aspirin or ibuprofen.



Cough

Along with these symptoms	Could mean	What you can do
A stuffy or runny nose and/or sneezing, with a scratchy sore throat; possibly also fatigue, headache and a loss of appetite.	A cold or some other viral infection.	Have plenty of hot fluids to relieve congestion. An aspirin* or aspirin substitute (like acetaminophen) will help relieve any pain; an OTC cough preparation can treat a cough. You may also want to try vitamin C supplements, or zinc lozenges (up to 66 mg a day); both are thought to shorten the duration of a cold. If symptoms don't subside in 7 to 10 days, see a doctor.
Chills, muscle aches, headache, fatigue and a high fever, as well as a sore throat and a mild runny nose; some sneezing.	The flu.	Get some bed rest and drink plenty of fluids. An aspirin* or aspirin substitute (like acetaminophen) will help relieve any pain; an OTC cough preparation can treat a cough. If you also suffer from diarrhea and nausea, or if symptoms do not improve after 5 days, see a doctor.
Possible heartburn, sore throat and loss of voice.	Acid reflux (when gastric juices back up into the esophagus).	Take an OTC antacid to help neutralize stomach acids, and sleep with your head elevated on some pillows. If cough persists, see a doctor to rule out the possibility of a more serious condition, such as an ulcer.
Sudden shortness of breath, along with a wheeze and a feeling of tightness in the chest; may have difficulty breathing.	Asthma.	If this is the first time that you've experienced these symptoms, or if they're very severe, see a doctor right away. Bronchodilators and anti-inflammatory medications (such as steroids) may be prescribed to treat and prevent future episodes. (For more information on the latest prescription medications for asthma, see "The New Sneeze-and-Wheeze Relievers," page 52.)
A wheeze; possibly also a fever and spitting up yellow, green or rust-colored sputum.	Bronchitis (an inflammation of the lungs' airways); common among smokers.	See a doctor to rule out the possibility of another medical condition (like asthma or emphysema) and to determine whether bronchitis is acute or chronic. Antibiotics may be prescribed as well as an aerosol inhaler to help you breathe. Drinking lots of water may also help. Above all, quit smoking if you smoke.
Fever, chills and muscle aches; possibly also spitting up yellow, green or rust-colored sputum and experiencing fatigue and loss of appetite.	Pneumonia (an infection of the lungs); occurs most often in the elderly and those in poor health.	See a doctor right away. This is a more serious infection that may require hospitalization and antibiotics. You'll probably be asked to get plenty of bed rest and to up your intake of fluids as well. A vaccine is available to prevent the most common bacterial form of this disease.
Fever, chills, unexplained weight loss, coughing up clear, yellow or bloody sputum (cough is persistent).	Tuberculosis.	See a doctor right away for a complete examination. Tuberculosis is a communicable disease that requires antibiotics. If you have it, close friends and relatives will also have to be checked for infection.
Shortness of breath, weight loss and fatigue; possibly also coughing up sputum or blood (cough is persistent).	An inflamed windpipe from smoking, lung cancer or a tumor in the voice box; occurs most often in long-term smokers.	Quit smoking if you smoke, and see a doctor. Depending on your health history, you may get a chest X-ray or a bronchoscopy to check your windpipe and lungs for tumors. If any are found, surgery and/or radiation treatment may be recommended.

Wheezing

Along with these symptoms	Could mean	What you can do
Sudden shortness of breath, along with a cough and a feeling of tightness in the chest; may have difficulty breathing.	Asthma.	If this is the first time that you've experienced these symptoms, or if they're very severe, see a doctor right away. Bronchodilators and anti-inflammatory medications (such as steroids) may be prescribed to treat and prevent future episodes. (For more information on the latest prescription medications for asthma, see "The New Sneeze-and-Wheeze Relievers," page 52.)
A cough; possibly also a fever and spitting up yellow, green or rust-colored sputum.	Bronchitis (an inflammation of the lungs' airways); common among smokers.	See a doctor to rule out the possibility of another medical condition (like asthma or emphysema) and to determine whether bronchitis is acute or chronic. Antibiotics may be prescribed, as well as an aerosol inhaler to help you breathe. Drinking lots of water may also help. Above all, quit smoking if you smoke.
A cough along with sudden, severe chest pain.	A heart attack (common among smokers and people who have high blood pressure and cholesterol).	Dial 911 and keep calm until help arrives. Or have someone drive you to the emergency room right away.

Medical consultants: Anne Simons, M.D., assistant clinical professor of family and community medicine at the University of California's San Francisco Medical Center; David W. Kennedy, M.D., professor and chairman of the department of otorhinolaryngology at the University of Pennsylvania Medical Center in Philadelphia; Betty B. Wray, M.D., chief of allergy and immunology and professor of pediatrics and medicine at the Medical College of Georgia in Augusta; Andrew Ries, M.D., M.P.H., interim director of the pulmonary division at the University of California, San Diego.

*Children under 18 years old should never be given aspirin or ibuprofen.

TAKE A NAP!

Unless you're a toddler, napping regularly during the day may not be feasible. However, it may be advantageous for you to find the time to nap. Researchers say that a two-phased sleep schedule can both refresh a person and make them smarter.



How can napping make you smarter?

People who napped 90 minutes in the afternoon experience 20% boost in mental performance compared to non-nappers.

Naps not only prolong wakefulness but it also moves you mentally beyond where you were before the nap. Students who pull an all-nighter during exam time are actually decreasing their ability to learn new facts by nearly 40% due to a shutdown of regions in the brain during sleep deprivation. Taking that afternoon nap allows the brain to clear out it's short-term memory storage and allows it to absorb new information. Fact based memories are temporarily stored in the hippocampus before being sent to the brain's prefrontal cortex, which may have more storage space. If you think of the brain as an email's inbox, it's as though the email inbox in your hippocampus is full and until you sleep and clear it out you won't be able to receive any more email/ information.

Any new information will just bounce back until you sleep and move it into another folder.

Memory refreshing sleep occurs when nappers are engaged in a specific stage of sleep. This refreshing sleep stage is Stage 2 non-REM sleep, which takes place between deep sleep (non-REM) and the dream state known as Rapid Eye Movement (REM). The sleep stage is what is more important than the length of the nap. For some people a catnap of 20- 30 minutes can be sufficient to feel restored. For some, however, sleeping too long in the afternoon can lead to sleep inertis or grogginess and may interfere with night time sleeping. Regular naps can also reduce the chance of heart-related death by nearly 40% among adults.

Tips for a productive power nap

- Find a comfortable spot for your afternoon nap. Lying down with a favourite blanket and/or pillow is better than sitting.
- Nap in a place where the light, noise and temperature can be controlled.
- Turn off your cell phone. The most productive naps are uninterrupted.
- Try and set a regular time for your nap. Avoid disrupting your night time sleeping cycle and avoid napping too late in the day.
- Set alarm if you're worried about sleeping too long. Unfortunately, you still have to work.
- Enjoy your nap. If taking a break during the day is new for you, get over it. Remind yourself it is a productive time for your brain and body and in fact your brain is still working, so you're not really taking a break!

ARTS & ENTERTAINMENT

Poems Drawings Photographs Book and Movie Reviews What's Happening

November 6 – St. Nicholas Anglican Church Annual Christmas Bazaar
1512 Kingston Road, 12 – 3:00 p.m.

November 7 - Christmas Craft Sale by Scarborough Central Lions
Birchmount Community Centre (Birchmount Rd. & Kingston Rd.), 9 a.m.-2:30 p.m.
Over 55 craft vendors, plus a snack bar.

November 11 – Movie and discussion at Taylor Memorial Library, 1440 Kingston Road,
7:00 p.m. - 8:30 p.m. 90 minutes. Call the library to reserve a spot: 416-396-8939

"Nobody's Child" is an original story of Canada's Home Children and the search by their descendants for roots. The arrival of the Home Children from Britain brought with it people who affected the character and landscape of Canada in innumerable ways.

Following the screening of the film, there will be a discussion with writer/director Don Gray who will bring with him treasured artifacts from the trunks of the home children.

On September 1, 2010, Canada Post issued a single domestic rate stamp to honour Canada's Home Children and recognize the courageous and sometimes arduous journeys many of them had to make to settle in this country.

November 13 - Christmas Bazaar , Fallingbrook Presbyterian Church, 31 Wood Glen Rd. (at Kingston Rd.), 10:30 a.m.-2 p.m. Attic treasures, Christmas decor, baking, jewelry new and used (created by Hana & Hailee), knitting, preserves, basket draw, tea room and more.

November 28 - Christmas Parade. The theme for this year is "Toy Soldiers"

It's hard to believe but Santa Claus is coming to town. The parade has become a high point of the season for local children as it wends its way along Kingston Road from Victoria Park to end at Community Centre 55 where a variety of games, foods and activities are available.

Watch for the singers of the Toronto Beach Chorale who will be in the parade. I am thrilled to be a part of this local community choir of over 30 men and women committed to bringing high quality choral music to our community.



Leaves

How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.

by *Elsie N. Brady*

Wishes of an Elderly Nan Wished at a Garden Party, June 1914

I wish I Love the human race;
I wish I loved its silly face;
I wish I liked the way it walks;
I wish I liked the way it talks,
And when I'm introduced to one
I wish I thought, what jolly fun!

- *Sir Walter Alexander Raleigh*
(*essayist/critic*)

Feelings

Just as a wave is lifted by the shore,
Then breaks across the slowly rising sand,
So as I watch you weep my feelings pour
Across the wash of what I understand.
I wish I could just take you in my arms
And all your pain could melt into my chest,
And all the violence of passing storms
Could pass through me and finally come to rest.
No words can set things right or presence lend
A miracle to light your darkened way,
But there is solace in a loving friend
And comfort in what I don't have to say.
Whatever circumstance you cannot bear,
Just turn to me, and you will find me there
Just turn to me, and you will find me there

True Friendship

True friends are for life
Until the end
They're more than special
They're your bestest friends.

They're the ones you can go to
When you're in despair
The ones that'll help you
Even when you got gum in your hair!

They're the ones who'll laugh
And go laughing with you all through the night
The ones who'll help you
Help you with all their might

To have a good friend
You have to be one
So be nice to one another
So you can be friends forever
And that's how to be the best friend you can be.

- *Samantha Sumler*

Humour Me

Tom and Timothy were in the same regiment in the army. They were inseparable friends and spent their evenings drinking together. After retirement, they went to different states and settled. However, they kept correspondence through letters and e-mails.

To keep the memory of their boozing bouts alive, Tom always filled two glasses with rum and water and sipped from each alternately!

When somebody asked him why he did so, he explained: 'This glass is Timothy's; this one is mine. So I take a sip from each - one on behalf of Timothy, the other for myself.'

Suddenly one evening Tom was seen with only one glass on his table. He was asked what had happened. He replied, 'You see, I have given up drinking but Timothy has written that he has not. So I have put away my glass and drink only on behalf of my friend.'

* * * * *

Two friends were walking through the woods when they thought they heard something. They turned around and saw a big black bear coming towards them. Both men started to run when one of them stopped to change into tennis shoes.

The second man said 'You don't have time to change shoes. You can't outrun that bear!'

The first man said, 'I know I can't outrun the bear. I only have to outrun you!'

* * * * *

Two adventurers John and Jack were hunting for gold in the desert. After roaming all day long under the hot sun, they set up their tent and fell asleep. Some hours later, John woke up his friend.

"Jack, look up at the sky and tell me what you see."

Jack looked up and replied, "I can see millions of stars."

"What does that tell you?" asked John.

Jack thought for a minute and said.

"Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately a quarter past three. Theologically, it's evident the Lord is all powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does it tell you?"

After a moment of silence, John spoke.

"It tells two things to me. First is that...you are an idiot."

Jack looked at John, surprised. "Why do you say so?" he said.

"Because it has still not occurred to you that someone has stolen our tent." replied John.

Remembrance Day Word Search

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

battle
bravery
courage
flanders
freedom
hero
honor
infantry
liberty
loss
November
patriot

peace
poppy
remember
sacrifice
soldier
troops
valor
veteran
victory
war
wreath

