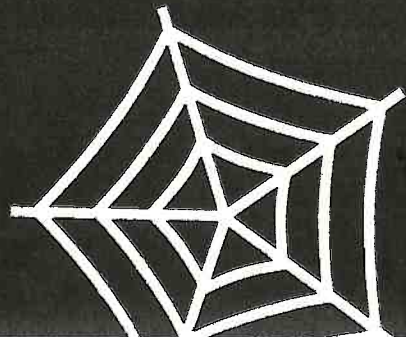
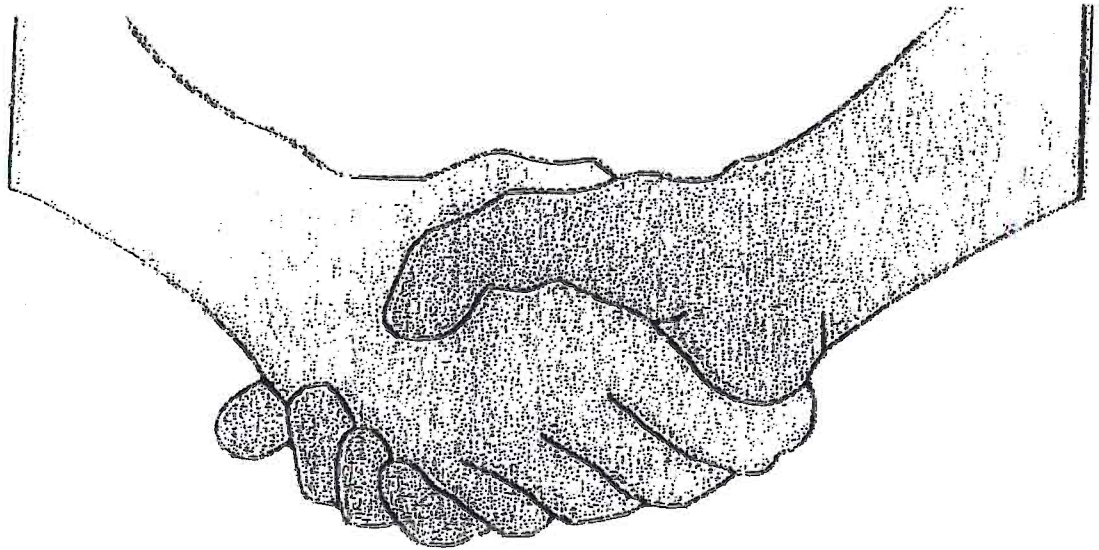


Thurlestone News

Magazine



October 2009



Mission Statement

To promote Unity and Participation

To inform and Entertain

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<u>Committee Members</u>	
Heike Heinze Wilks	1803
Luci Walwich	2206
Elaine Richard	2407
Jewel Stephen	2208

Acknowledgements: Thanks to all those who helped make this issue possible, especially Jewel Stephen for the cover and for Thanksgiving In Canada, Peterson Stephen for the Humor Me, and Alba Salsona for distributing the NewsMagazine.

Notes from the Editor

What about the Indian summer we all were hoping for? The leaves are falling already and it is too cold for this time of the year. Well, to find something positive, it gives us the chance to be grateful that the furnace is turned on. The rain and coolness also make it cozy at home. I definitely enjoy hot tea, cookies and candle light with friends when the weather is like this. Many members of our co-op faced a bad cold or flu last month. It is good to see them all well again.

I am looking forward to Halloween. This is an exciting time for children and for people like me that didn't grow up in North-America. I saw already some pumpkin decorations at the corner of my building and I am hoping for many more ...

Please find in this issue some information about stress and exercise.

Take care,

*Your editor
Heike Heinze Wilks*

History of Thanksgiving in Canada

The history of Thanksgiving in Canada goes back to an explorer, Martin Frobisher, who had been trying to find a northern passage to the Pacific Ocean. Frobisher's Thanksgiving was not for harvest but homecoming. He had safely returned from a search for the Northwest Passage, avoiding the later fate of Henry Hudson and Sir John Franklin. In the year 1578, he held a formal ceremony, in what is now the province of Newfoundland and Labrador, to give thanks for surviving the long journey. The feast was one of the first Thanksgiving celebrations in North America, although celebrating the harvest and giving thanks for a successful bounty of crops had been a long-standing tradition throughout North America by various First Nations and Native American groups. First Nations and Native Americans throughout the Americas, including the Pueblo, Cherokee, Cree and many others organized harvest festivals, ceremonial dances, and other celebrations of thanks for centuries before the arrival of Europeans in North America. Frobisher was later knighted and

had an inlet of the Atlantic Ocean in northern Canada named after him — Frobisher Bay.

At the same time, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, also held huge feasts of thanks. They even formed 'The Order of Good Cheer' and gladly shared their food with their First Nations neighbours.

The first Thanksgiving Day after Canadian Confederation was observed as a civic holiday on April 5, 1872

After the Seven Years' War ended in 1763 handing over New France to the British, the citizens of Halifax held a special day of Thanksgiving. Thanksgiving days were observed beginning in 1799 but did not occur every year. After the American Revolution, American refugees who remained loyal to Great Britain moved from the newly independent United States and came to Canada. They brought the customs and practices of the American Thanksgiving to Canada. The first Thanksgiving Day after Canadian Confederation was observed as a civic holiday on April 5, 1872 to celebrate the recovery of the Prince of Wales (later King Edward VII) from a



serious illness.

Starting in 1879 Thanksgiving Day was observed every year, but the date was proclaimed annually and changed year to year. The theme of the Thanksgiving holiday also changed each year to reflect an important event to be thankful for. In its early years it was for an abundant harvest and occasionally for a special anniversary.

After World War I, both Armistice Day and Thanksgiving were celebrated on the Monday of the week in which November 11 occurred. Ten years later, in 1931, the two days became separate holidays, and Armistice Day was renamed Remembrance Day.

On January 31, 1957, the Canadian Parliament proclaimed:

“ A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed ... to be observed on the 2nd Monday in October. ”

What Happened in October?

- 1st International Day for the Elderly
- 1st Model T was introduced by Henry Ford, 1908
- 1st The first Postcard was sent, 1869
- 2nd Groucho Marx, Comedian, Born, 1890
- 3rd The "Andy Griffiths Show" premiers, 1960
- 4th Toronto Argonaut Football Club forms, 1873
- 5th World Smile Day
- 6th Nabisco Foods invent Cream of Wheat, 1893
- 6th Alfred Tennyson, writer, dies, 1892
- 7th Henry Ford institutes the moving assembly line, 1913
- 7th "American Bandstand" premiers, 1957
- 8th Karl Nessler demonstrated the 1st 'Perm' in London, 1906

- 11th Thomas Edison receives his first patent, 1868
- 12th Canadian Prime Minister Lester B. Pearson receives Nobel Peace Prize, 1957
- 13th "Old Farmer's Almanac" 1st Published, 1792
- 14th Winnie-The Pooh, by A.A. Milne, is published in 1926
- 15th "I Love Lucy" premiers, 1951
- 16th Noah Webster, creator of Webster's Dictionary born, 1758
- 17th Thomas Edison files a patent for the "Optical Phonograph" (Movie), 1888
- 18th Pierre Elliott Trudeau's Birthday, 1919
- 22nd World's First car dealer opens in London, 1897
- 25th Pablo Picasso's Birthday, 1881
- 28th Chocolate Day
- 30th Candy Corn Day
- 31st Halloween

Board Meeting

July 21st, 2009

7:00 p.m. – Co-Op Office

Present: Gillian Smith (Chair), Lois Logie, Melanie Lyle, Luci Walwich, Julie Richard (Recorder), Diana Hogan (Co-ordinator)

Regrets: **Absent:** Shannon Doyle, Mike O'Donnell

1. **Call to Order**

Gillian called the Meeting to order at 7:15 p.m.

2. **Approval of Agenda**

Agenda was amended to add 3. **Adoption of Minutes June 10, 2009.**

**MOTION TO APPROVE the Agenda as amended made by Luci Walwich.
SECONDED by Gillian Smith. CARRIED.**

3. **Adoption of the Minutes**

**MOTION TO ADOPT the Minutes of June 10th, 2009 made by Lois Logie.
SECONDED by Gillian Smith. CARRIED.**

Minutes of June 30th, 2009 amended to remove Kay Witcher's name as she did not attend meeting.

**MOTION TO ADOPT the Minutes of June 30th, 2009 as amended by Julie Richard.
SECONDED by Lois Logie. Gillian Smith Abstained. CARRIED.**

4. **Business Arising from the Minutes**

No business.

6. Co-ordinator's Report

6.1 Administrative Update

- a) **MOTION TO APPROVE** extending Corlene's employment for and additional 3 weeks at a cost of \$1035 made by Melanie Lyle. **SECONDED** by Julie Richard. **CARRIED**.

6.2 Maintenance Update

- a) **MOTION TO ACCEPT** change order #2 for Folcroft parking lot project made by Gillian Smith. **SECONDED** by Luci Walwich. **CARRIED**.
- b) Still waiting for approval of stimulus funding application in particular, the funds for Unit 1801. Diana to follow up by telephone next week.
- c) Toilet had to be replaced in Unit 24-6. This work caused a flood to occur in Unit 24-2 as pipe leaked and had to be replaced with brass pipe as per building code.

MOTION TO APPROVE plumbing expenditure in the amount of \$1,558.75 made by Julie Richard. **SECONDED** by Lois Logie. **CARRIED**.

- d) Diana intends to use up some of her holidays in August. No official approval needed. Diana to inform Gillian of dates.
- e) Fiscal Year End 2009 Financial Audit to begin next week by Prentice Yates and Clark.

7. Committee Reports - No reports.

8. New Business

Lois reported that she met with Shannon and Alba to discuss the upcoming barbeque scheduled for Saturday, August 29th, 2009. They intend to divide the membership list and contact individual members to encourage members to contribute to the event and participate on the actual day. It was suggested that committees set up tables to provide information and recruit new members.

9. **Date of next Board Meeting:** August 18th, 2009

10. **Adjournment:** There being no further business, the Meeting was adjourned at 8:45pm

Gillian Smith, Chair


Julie Richard, Recorder



RECYCLING – It's good!

Do you want to do something important each day? Not just for yourself, but for others? Remember the old saying, “*Do a good deed daily*”? Proper Recycling is a good deed!

Recycling is hard at first. It is not just throwing things in different containers. It takes extra effort, and good habits. It can be made more convenient. Here are a few tips:

- ✓ You can flatten small boxes as you walk them to your recycling bag. (But don't forget to remove inner plastic or cellophane wrappers, or crumbs, etc.) Frustrating day at work? You can **stomp** on the boxes and cans and make it fun, especially with your children.
- ✓ Take out your full recycling bag when you are going shopping. Use the empty bag for your shopping. It is great for heavier items, like bags of milk. When you bring your groceries into the house, the empty bag can be returned to its place on a convenient doorknob.
- ✓ Appoint a household “recycling monitor”.  This person is in charge of sorting the recycling to make sure it is the right kind of stuff to recycle. This is a great job for your children! They can do a lot to help! Sorting recycling can be done while watching TV!

REMINDER OF RECYCLING DON'TS:

NO PLASTIC BAGS – They can jam the recycling machinery and cause costly equipment repair. **Don't forget to remove all plastic from boxes, toy containers.**

NO STRAWS OR TAKE-OUT CUPS

NO “HARD” PLASTICS (like toys, make-up jars, motor oil jugs, plant pots)

NO “HOUSEHOLD” ITEMS (such as clothes, shoes, curtains, dishes, brushes)

NO HANGERS – whether plastic or metal, they are not recyclable

NO METAL – only aluminum cans and aluminum foil

NO FIBERS – no fabric softener sheets, tissues, foil gift wrap or waxed cardboard

REMEMBER: “WHEN IN DOUBT, THROW IT OUT!” Good recyclables can be sold and help the City reduce expenses. Contaminated recyclables can't be sold, and can turn good recyclables into *just more garbage*.

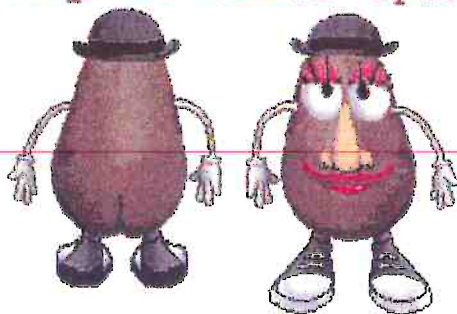
Submitted by Kay, 16-5 – sometimes known as the “recycling helper for Fishleigh” (and trying not to be known as the “recycling nazi”!) I am happy to get your feedback and advice.

**Do you recognize any of these tater people in our co-op?
What Kind of tater person are you??**

TATER PEOPLE



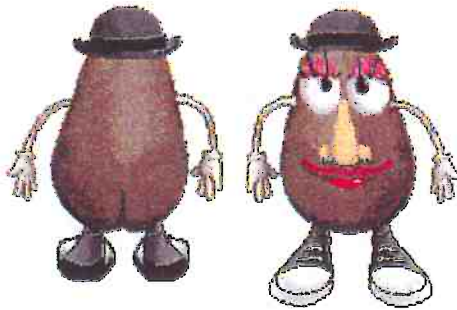
Some people never seem motivated to participate, but are just content to watch while others do the work. They are called "Spec Taters".



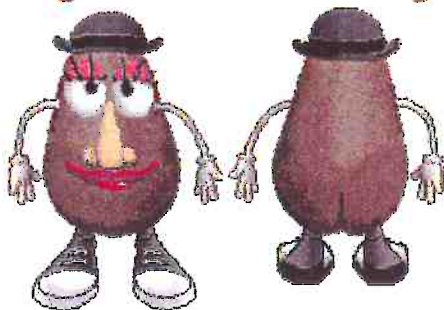
Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called "Comment Taters".



Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called "Dick Taters".

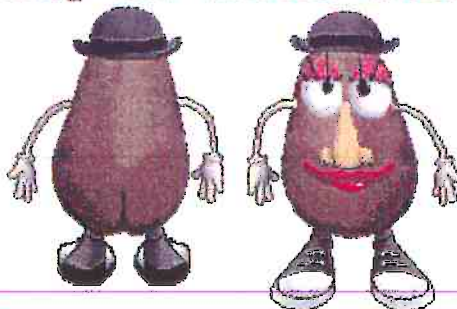


Some people are always looking to cause problems by asking others to agree with them. It is too hot or too cold, too sour or too sweet. They are called "Agie Taters".

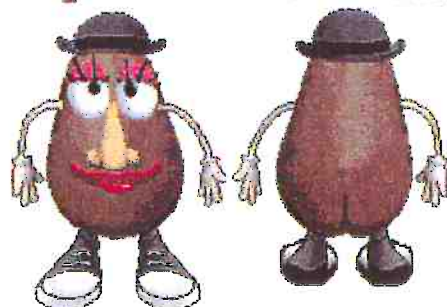


There are those who say they will help, but somehow just never get around to actually doing the promised help.

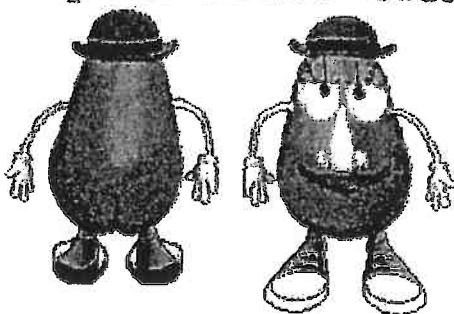
They are called "Hezzie Taters".



Some people can put up a front and pretend to be someone they are not. They are called "Emma Taters".



Then there are those who love others and do what they say they will. They are always prepared to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others. They are called "Sweet Taters".



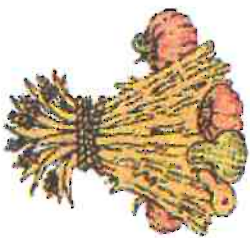
Welcome to New Members

Niall Smith
2206

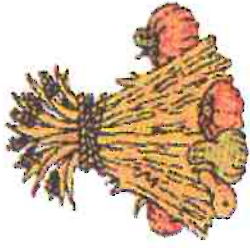
Deanna Stuckless and Amedo D'Amico
5D



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	8						1	2
3			9					
1		9		5		3		

Answers on page



October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Membership 9:15
4	5	6	7	8	9	10
11	12 Thanksgiving Day 	13 Board 7 pm	14 Finance 7:00	15	16 National Boss Day	17
18	19	20	21	22 NewsMagazine 7:30	23	24
25	26	27	28	29 NewsMagazine 7:30	30	31 Hallowe'en 

TAKE ACTION AGAINST STRESS

How to Exercise Away Your Excess Stress

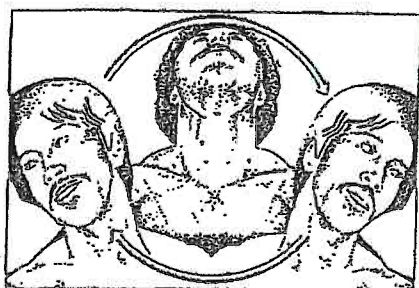
Physical exercise is a quick, easy way to relieve stress-related tension. Vigorous aerobic exercise has been shown to increase your body's levels of endorphins (a natural sedative) and catecholamines (substances that affect moods). Stretching exercises also reduce stress by relaxing tense

muscles—one of the most common stress responses.

Fight Stress With Aerobics

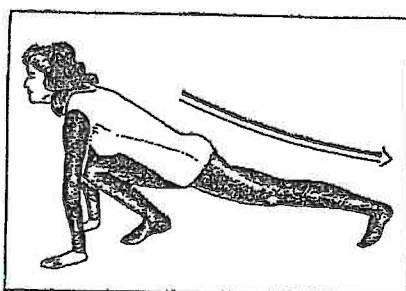
Aerobic exercise strengthens our hearts and lungs and improves our overall use of oxygen. Activities such

as fitness walking, jogging, swimming, cycling, and rowing are excellent aerobic choices. Besides causing chemical changes in the brain that may improve moods, exercising regularly can create a sense of commitment and control, which in itself can improve our mental attitudes and self-images. Many people find that vigorous morning workouts give them a better start on the day. Other people prefer to exercise at the end of their day to help them "unwind" and release pent-up tension. Exercising in the morning or evening is not as important, however, as exercising regularly. Twenty-thirty minutes of aerobics, done 3 times a week not only benefits your heart, but your peace of mind, too.



HEAD AND NECK ROLL

Relax your shoulders and let your head roll forward, chin to chest. Slowly rotate your head in a circle without straining your neck. Repeat 5 times. Relax. Then, rotate in the opposite direction and repeat 5 times.

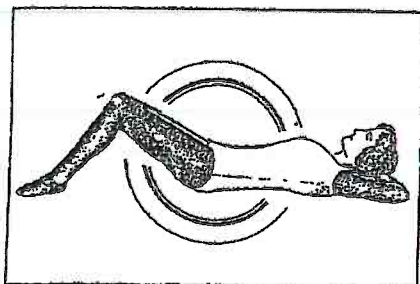


LEG STRETCH

Position yourself as shown. Gently lower your torso as close to the floor as you can. Hold for 10 seconds. Relax. Repeat 5 times, switch leg positions, and repeat again.

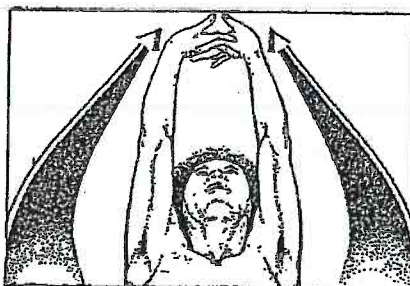
Fight Stress With Stretching

When you are under stress, your muscles become tense. When you relax, so do your muscles. Stretching exercises like those shown here can mimic your body's "relaxation" response by helping loosen up tight muscles and relieving tension. These stretches are easy to do, take only a few minutes, and can be done anytime, anywhere, by almost anyone!



BACK STRETCH

Lie as shown keeping your knees bent and feet flat on the floor. Gently push your lower back onto the floor. Hold for 10 seconds. Relax. Repeat 5 times.



ARM STRETCH

Raise your arms above your head, fingers interlaced, palms facing up. Push up as far as you can. Hold for 10 seconds. Relax. Repeat 5 times.

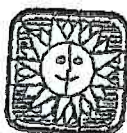
Less Stressed and Feeling Fine

Exercise can make you feel less stressed both physically and mentally. By setting aside just 20-30 minutes a few days a week for exercising, you can reduce the symptoms of stress overload while improving your overall health and well-being. What could be finer?

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provided by:

The Wellness Centre
Student Health Services
University of Guelph



ext. 3327

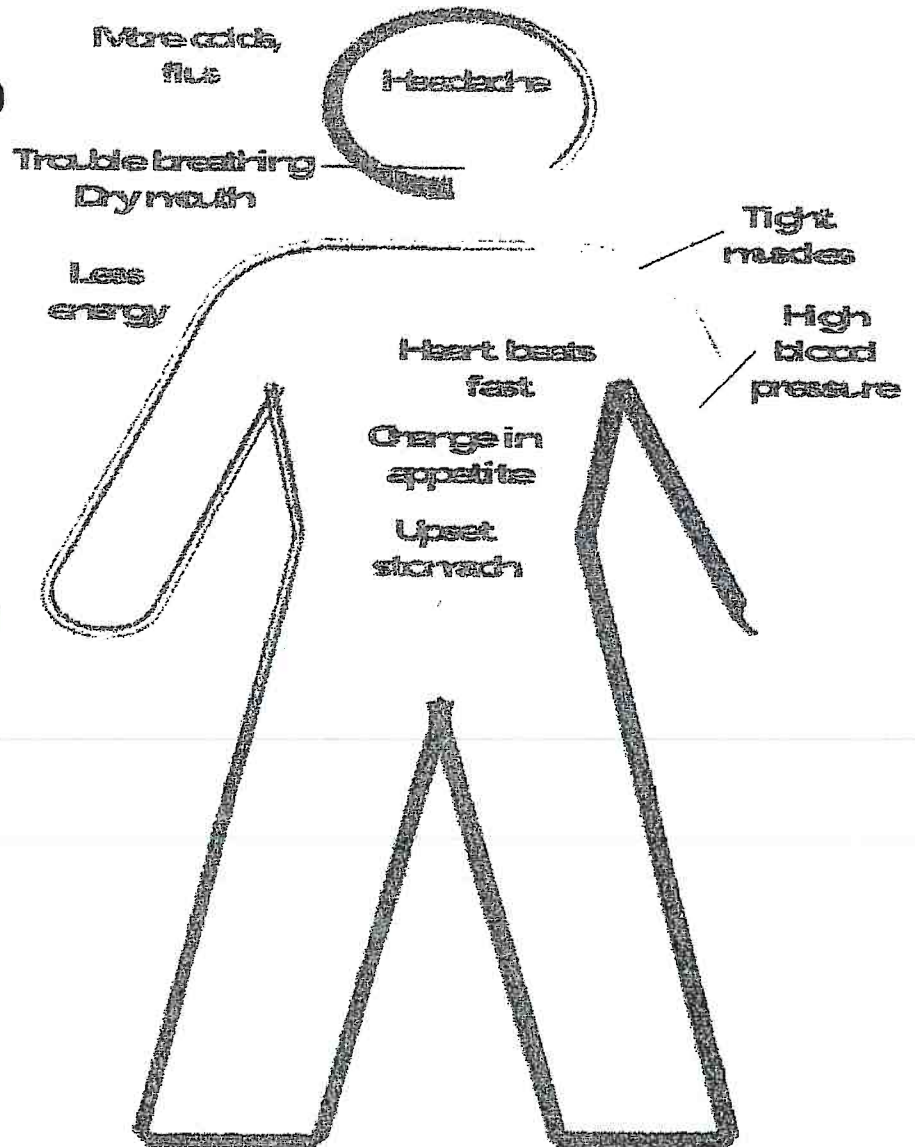
Some Ways We Experience Stress

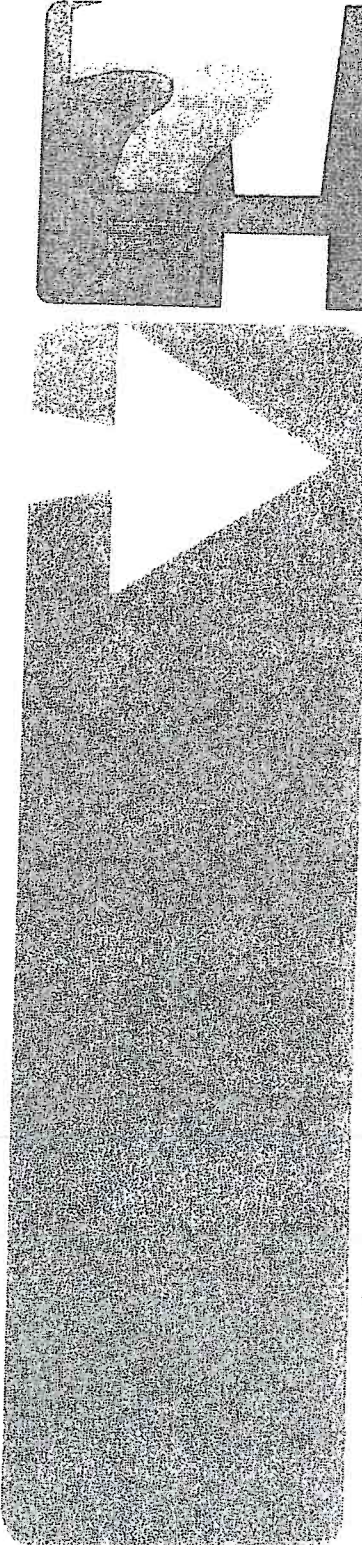
Physical

- Headache.
- Change in appetite.
- Trouble breathing.
- Dry mouth.
- Tight muscles.
- Less energy.
- Heart beats fast.
- High blood pressure.
- Upset stomach.
- More colds, flus.

Emotional/Mental

- Can't concentrate.
- Get upset easily.
- Change in amount of sleep.
- Forget things easily.
- Feel angry a lot.
- Cry a lot.
- Want to be alone a lot.
- Feel like you don't want to do anything.



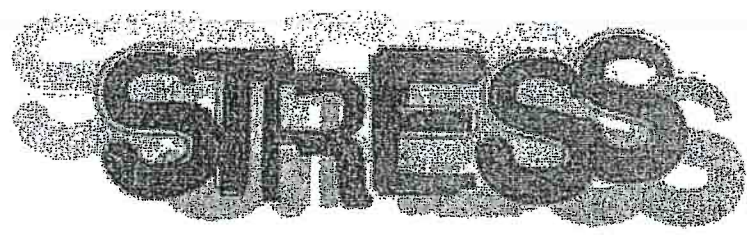


TIPS ON COPING WITH STRESS

USE POSITIVE ways to cope with stress

- Take care of yourself.
- Take time for yourself.
- Build good relationships.
- Learn new skills to help you cope.
- Think about what you can do to change the situation.
- Think about the positive side of the situation.

AVOID NEGATIVE ways of coping with stress.



YOUR HEALTH AND WELLNESS



Deep Breathing

Calms the body and mind, improves our blood circulation system and increases our ability to deal with stress.



Exercise, Stretching & Having Fun

Regular exercise improves our body endurance, increases oxygen, blood flow and nourishment to the brain and all our body parts. Stretching increases flexibilities of muscles and tendons and mobility of the joints.



Quiet Time

Helps to calm our mind and allows us to recover from stress (take a long bath, read a book, listen to music.)



Healthy Eating

Drink at least 8 glasses of water daily. Eat a balance diet of grain products, vegetables and fruits, milk products and meat/alternatives.

Avoid or reduce the intake of caffeine, alcohol, nicotine, fat, salt, sugar and spicy or acidic or fried food. Caffeine makes our blood vessels constrict and may lead to high blood pressure. Spicy or acidic food irritates the digestive system. Alcohol and drug may worsen depression.



Good Posture

Standing and sitting up straight promote the relaxing of muscles.



Progressive Muscle Relaxation

The tensing and relaxing of specific muscles in the body help to release tension and allow more blood flow and bring oxygen to tired muscles.

Scarborough West Community Health – A program of West Hill Community Services
Anne Crasto, Health Promoter 416-284-5931 x 245

music or an object. Meditation increases our mindfulness – the nonjudgmental awareness of the present moment. It also decreases our stress hormones, relaxes our muscles, improves our brain function and enhances the health of our body, mind and spirit.



Massage

Improves blood circulation, relaxes tensed muscles and helps to relieve muscle pain.



Guided Imagery

The use of images of a scene, an event or a place that we perceive as safe, peaceful, beautiful, restful and happy can help to reduce stress.



Stress Journal

Keeping track of our stress, responses and how we function under stress can help to identify our optimal level of stress, causes of our stress our ways to reduce or cope with stress.



Positive Reframing

Negative emotions and too much stress make it easy for us to lose perspective. Learning to see the positive aspects of every situation helps to reduce stress.



Affirmation

Positive affirmation can be used to counteract negative thoughts. When used with other holistic health strategies, affirmation can contribute to positive emotions and build our self confidence.

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Anne Crasto, Health Promoter 416-284-5931 x 245

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.



Time needed depends on effort

Very Light Effort

- Strolling
- Dusting

Light Effort

60 minutes

- Light walking
- Volleyball
- Easy gardening
- Stretching

Moderate Effort

30-60 minutes

- Brisk walking
- Biking
- Raking leaves
- Swimming
- Dancing
- Water aerobics

Vigorous Effort

20-30 minutes

- Aerobics
- Jogging
- Hockey
- Basketball
- Fast swimming
- Fast dancing

Maximum Effort

- Sprinting
- Racing

*How does it feel?
How warm am I? What is my breathing like?*

- No change from rest state
- Normal breathing

- Starting to feel warm
- Slight increase in breathing rate

- Warmer
- Greater increase in breathing rate

- Quite warm
- More out of breath

- Very hot/perspiring heavily
- Completely out of breath

Range needed to stay healthy

Benefits of regular activity:

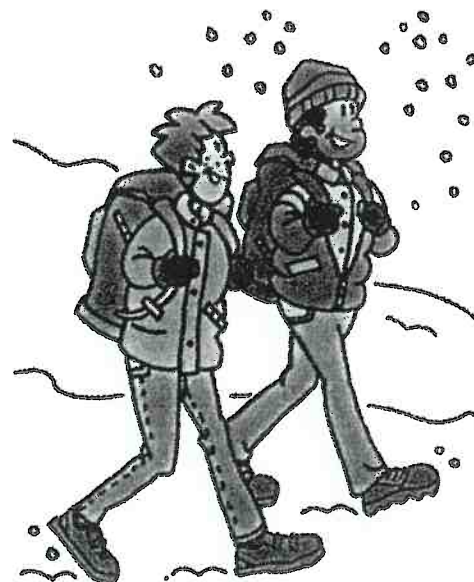
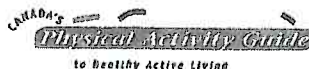
- better health
- improved fitness
- better posture and balance
- better self-esteem
- weight control
- stronger muscles and bones
- feeling more energetic
- relaxation and reduced stress
- continued independent living in later life

Health risks of inactivity:

- premature death
- heart disease
- obesity
- high blood pressure
- adult-onset diabetes
- osteoporosis
- stroke
- depression
- colon cancer



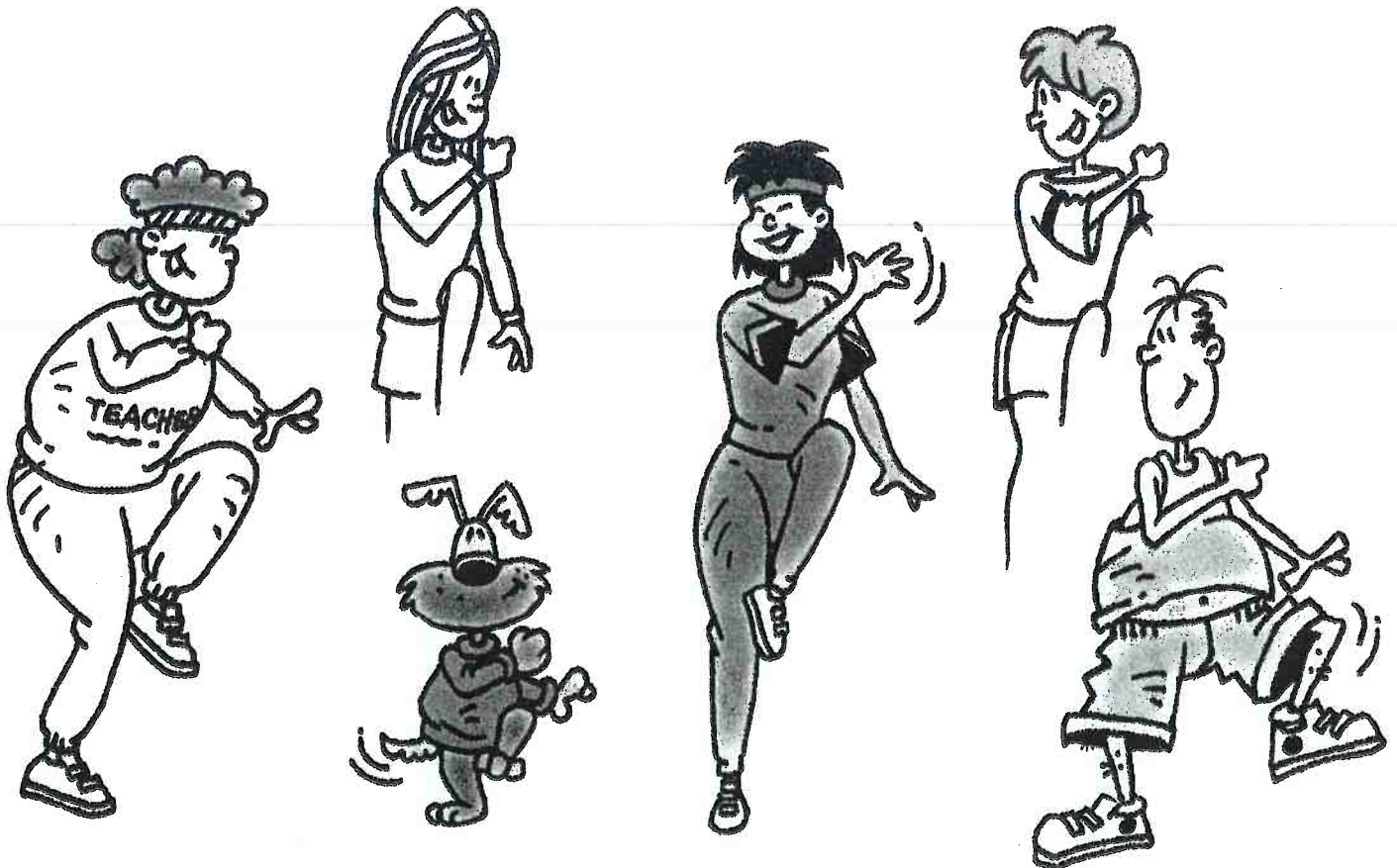
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of this document in its entirety not required.
Cat: No. H39-129-1998-1E ISBN 0-662-66627-7



You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.



EAT our way to gorgeous skin!

***Help prevent wrinkles – and skin cancer –
just by adding these miracle foods to your menus!***

No doubt you already know that the sun can harm your skin, encourage aging, wrinkling and even cause cancer – and that wearing sunscreen every day is a proven way to reduce your risk of these woes.

But would you believe there's another easy step you can take to keep your skin youthful and healthy? And all it involves is eating more of a few tasty foods?

It's true, confirms Yale University School of Medicine dermatologist Nicholas Perricone, M.D., author of *The Wrinkle Cure*. "We now know that the best way to combat existing skin problems and fend off new ones is from the inside?"

What foods deliver the most powerful protection?

Eggs!

They only cost pennies apiece, but eggs are one of the richest food sources of selenium, an essential mineral that strengthens your skin cells' defences against UV rays – enough to reduce sun damage by as much as 37% Scottish studies.

Lemon Peels!

Grate this zesty flavour enhancer over salads or sprinkle it on fish, and you'll reduce your risk of skin cancer a full 30%, University of Arizona research shows. Lemon peel's secret ingredient? D-limonene, a cancer-fighting oil that migrates to the skin, where it prevents abnormal cells from forming and spreading – and has the power to shrink existing tumours before they can cause trouble! The study-proven dose: one tablespoon of grated lemon peel per week!

The biggest wrinkle triggers?

Surprise! They're high-carb treats, like white bread and soda, say researchers.

"These foods make your blood sugar skyrocket, and that triggers inflammation in the skin," explains Dr. Perricone.
"Skin inflammation damages collagen, reduces elasticity and speeds the formation of wrinkles."

Tomatoes!

Each of these red treats contains more than 4 mg. of lycopene, an amazing compound that defends against sun damage. “And cooked tomatoes are even richer in lycopene. So you’ll guarantee yourself better skin simply by adding more tomatoes, tomato sauce or salsa to your diet,” says Lona Sandon, Ph.D., assistant professor of nutrition at the University of Texas.

Fatty Fish!

That tuna sandwich you ate for lunch or the salmon you had for dinner is as good for your complexion as it is for your heart! Turns out, these tasty cold water fish – along with mackerel and trout – are packed with healthy fats called omega-3s, which combat wrinkle-promoting inflammation, speed the formation of new skin cells and nourish the muscles that keep skin toned and firm, says Dr. Perricone.

Tea!

Green tea is showing up in skin-care products everywhere – and with good reason. It’s loaded with polyphenols, natural chemicals that protect skin from sun-induced puffiness, plus prevent the growth of pre-cancerous and cancerous skin cells. According to scientists at Case Western Reserve University, when tea’s polyphenols soak into skin cells, they act as a natural sunblock, boosting your natural sun protection by as much as 83%!

- by Caitlin Castro, *Woman’s World Magazine*

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

NUTRITION FACTS

SOURCE: Nutrient Analysis Study, 2003 - Saskatchewan Food Industry Development Centre Inc.

Nutrient Analysis - Skinless, Boneless, Cooked (Roasted) Turkey

Per 100 g (3 1/2 oz)	Dark Meat		White Meat	
	Amount	Daily Value	Amount	Daily Value
Calories	140 kcal		130 kcal	
Fat	3 g	5 %	1 g	2 %
Saturated Fat	1 g	5.5 %	0.2 g	3 %
+ Trans Fat	0.1 g		0.4 g	
Protein	27 g		30 g	
Cholesterol	80 mg		55 mg	
Carbohydrate	2 g	1 %	0 g	0 %
Fibre	0 g		0 g	
Sugar	0 g		0 g	
Iron		10 %		4 %
Calcium		2 %		0 %

fat content of popular meats

SOURCES: Nutrient Analysis Study, 2003 Saskatchewan Food Industry Development Centre Inc.
Canadian Nutrient File, Health Canada.

Based on 100 g
(3 1/2 oz) serving.

* Skin removed after cooking.

Skinless Turkey Breast, roasted	1 g
Skinless Chicken Breast, roasted	2 g
Turkey, roasted * dark meat only	3 g
Pork tenderloin, roasted	5 g
Chicken, roasted * dark meat only	7 g
Beef Sirloin Steak, broiled	7 g
Beef Rump Roast, roasted	8 g
Pork Loin Chop, roasted	10 g
Veal Loin Chop, broiled	12 g
Lake Trout, broiled or baked	13 g
Fried Chicken	14 g
Fast Food Fish Sandwich	20 g

LEMON-ROSEMARY TURKEY FINGERS

Turkey Fingers:

1/2 cup	mayonnaise	125 mL
1 tbsp	lemon juice	15 mL
1 lb	turkey, cut into 3/4-inch (1.5 cm) strips	500 g
1 cup	dry breadcrumbs	250 mL
3 tbsp	grated parmesan cheese	45 mL
1 tbsp	dried rosemary, crumbled	15 mL
2 tsp	grated lemon rind	10 mL
1/2 tsp	each: paprika, salt	2 mL
1/4 tsp	each: garlic powder, pepper	1 mL

Dipping Sauce:

3/4 cup	jellied cranberry sauce	175 mL
1/4 cup	chili sauce	50 mL

Turkey Fingers: In small bowl, mix together mayonnaise and lemon juice; brush over turkey strips to coat. In a separate bowl, mix together breadcrumbs, parmesan and seasonings. Dip turkey strips in crumbs to coat. Place on lightly greased baking sheet. Bake at 375°F (190°C) 3 to 4 minutes on each side.

Dipping Sauce: In small saucepan, over medium-low heat, mix together cranberry and chili sauces; heat until hot.

Makes 4 servings.

FOR MORE GREAT RECIPES VISIT
turkeyrecipes.ca



1120-60 New Dundee Road, Kitchener, ON N2P 2N6

Tel: (519) 748-9636 Fax: (519) 748-2742

Email: otpm@ont-turkey.on.ca



Turkey Farmers of Ontario
1120 - 100 Conestoga College Blvd., Kitchener, ON N2P 2N6



Roasting Times For Whole Turkeys

turkeyrecipes.ca

Use these cooking times to prepare roast turkey that's moist, tender and delicious.

Weight	Oven Times 325 F (160 C)		Barbecue Times medium heat unstuffed
	stuffed	unstuffed	
6 - 8lbs (3.0 - 3.5kg)	3 - 3 1/4hrs	2 1/2 - 2 3/4hrs	-
8 - 10lbs (3.5 - 4.5kg)	3 1/4 - 3 1/2hrs	2 3/4 - 3hrs	1 1/2hrs
10 - 12lbs (4.5 - 5.5kg)	3 1/2 - 3 3/4hrs	3 - 3 1/4hrs	1 3/4hrs
12 - 16lbs (5.5 - 7.0kg)	3 3/4 - 4hrs	3 1/4 - 3 1/2hrs	2 hrs
16 - 22lbs (7.0 - 10.0kg)	4 - 4 1/2hrs	3 1/2 - 4hrs	-

Your turkey is done when:

- a meat thermometer in the inner thigh reads 180 F (82 C) for a stuffed turkey.
- a meat thermometer in the inner thigh reads 170 F (77 C) for an unstuffed turkey.
- the legs move easily when twisted and the juices run clear.

When the turkey is done remove it from the oven or barbecue. Cover it with foil and let it stand 15-20 minutes before carving.

*Diversified Research for the Canadian Turkey Marketing Agency 1994

September Quiz

Now that the supermarkets are filled with delicious fruits and vegetables, let's test your knowledge. See if you can match the fruit or vegetable with its description. Submit your answers to the Newsletter box at the Office or to one of the Newsletter members to win a lucky 649 Ticket. The most correct answers wins but in case of a tie, the winners' names will be put in a hat and one will be drawn. Winner will be announced in the next issue of the Newsletter. Entries must be submitted by September 19th. Good luck.

1. E eggplant
 2. O pear
 3. J grape
 4. G broccoli
 5. L orange
 6. C banana
 7. F cucumber
 8. I spinach
 9. N pea
 10. D corn
 11. H apple
 12. M carrot
 13. A lemon
 14. B melon
 15. K apricot tree
- A. a sour yellow fruit
 - B. a large fruit with a hard rind and orange or green flesh
 - C. a fruit from the tropics with a yellow peel
 - D. a tall plant that produces kernels on a husk
 - E. edible, large and purple fruit of a plant related to the potato
 - F. a long, green vegetable used in salads
 - G. an open branching cauliflower whose young flowering shoots are used as a vegetable
 - H. the red, green or yellow fruit of a tree
 - I. a plant with dark green leaves that are edible
 - J. a small round fruit that grows on a vine used in jams and wines
 - K. a light-orange, peach-like fruit that grows on a tree
 - L. a small round juicy citrus fruit used in marmalade
 - M. an orange root vegetable
 - N. a small green vegetable seed in a pod
 - O. a large yellow or green dessert fruit from a

Name _____ Unit _____

OCTOBER QUIZ



CATS EVERYWHERE!

All the answers start with the word CAT. Answers to the quiz must be submitted by October 19th to one of the NewsMagazine Committee or the NewsMagazine box in front of the Office door. Good luck.

1. Tall weeds that grow in wet, marshy areas are called _____.
2. Special publication for goods sold by mail order by a company are called _____.
3. An ancient military device for hurling missiles is called a _____.
4. Clouding over of the lens of the eye is called a _____.
5. Subterranean burial grounds are called _____.
6. Insect larva are called _____.
7. A short rest is called a _____.
8. The place where models walk is called a _____.
9. A boat with two hulls is called a _____.
10. A _____ supplies food for social events.
11. Rude remarks from an audience are called _____.
12. A person or thing that effect change is a _____.
13. Religious instruction is called _____.
14. Bovines chewing grass are called _____.
15. A sudden disaster is a _____.



Name _____ Unit _____

Handy Hints

The season is almost over for wearing sandals. Pamper your feet before putting on the closed in shoes and boots.

Give your feet a treat with an easy home pedicure. Continue routinely during the fall and winter season. That way your feet will be in good condition for next year's sandal season or for those strappy heels on New Years's Eve.

- ✓ Mix 1 tablespoon of liquid hand soap and a few pinches of sea salt in a basin or foot bath filled with warm water. Soak your feet for 5 minutes and dry off.
- ✓ Scrub your toe nails with a nail brush (or use an old toothbrush). File the edges of the nails with an emery board. Toes nails should be straight across with just a slight rounded corner. Buff lightly across the nail to remove ridges.
- ✓ Use a wet pumice stone to rub gently in a circular motion over the soles of the feet.
- ✓ Rinse your feet again and towel dry.
- ✓ Apply cuticle remover to the cuticles and gently push back the cuticles with an orange stick.
- ✓ Massage a generous amount of lotion onto your feet. Wrap your feet in a hot, wet towel for five minutes. This helps to absorb the lotion.
- ✓ Dry your feet and use toe separators to prepare the toes for polishing.
- ✓ Apply your base coat, two coats of colour and finish with a top coat. Let the polish dry for at least 15 minutes. Do not polish the cuticles as this may dry them out. Excess polish around the edges can be cleaned up with a cuticle stick covered with a bit of cotton ball and soaked in nail polish remover.

Humour Me

Everything we need to know about life, we learn from Noah's Ark...

- One: Don't miss the boat.
- Two: Remember that we are all in the same boat.
- Three: Plan ahead. It wasn't raining when Noah built the Ark.
- Four: Stay fit. When you're 600 years old, someone may ask you to do! something really big.
- Five: Don't listen to critics; just get on with the job that needs to be done.
- Six: Build your future on high ground.
- Seven: For safety's sake, travel in pairs.
- Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.
- Nine: When you're stressed, float a while.
- Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.
- Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.

Doing It Again

A couple who had been married for over 50 Years were quietly sitting on the sofa. The wife said, "Dear, do you remember how you used to sit close to me?" He moved over and sat close to her.

"Dear" she continued, "do you remember how you used to hold me tight?" He reached over and held her tight;

"And," she went on, "do you remember how you used to hug me and kiss me and nibble on my ear?"

With that her husband got up and started to walk out of the room. "Where are you going?" she asked. "I'm going for my teeth," he replied.

De twins

Tessa was injured in a car accident and fell into a deep coma. After six months she woke up and found that she was no longer pregnant. Naturally, she asked the doctor to tell her what happened to her baby.

The doctor replied, "Well, you had twins! A boy and a girl. The babies are fine. Your brother came in and named them."

Tessa became anxious as she didn't think her brother was very smart. Expecting the worst, she asked the doctor, "So what's the girl's name?"

"Denise," said the doctor. Tessa began to feel a little guilty about how she thought about her brother.

"Not bad," she said. "I like the name Denise."

She then asked the doctor, "What's the boy's name?" The doctor replied, "Denephew."

Patient information

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number?"

The grandmother in her weak, tremulous voice said, "Norma Findlay Room 302."

The operator replied, "Let me place you on hold while I check with her nurse."

After a few minutes, the operator returned to the phone and said, "Oh, I have good news. Her nurse told me that Norma is doing very well. Her blood pressure is fine, her blood work just came back as normal and her physician, Dr. Cohen, has scheduled her to be discharged on Tuesday."

The grandmother said, "Thank you, that's wonderful. I was so worried! God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in 302. No one tells me anything."



Co-operative Housing Federation of Toronto Inc.

2009 Fall Education Event

Save the date!

Date: Saturday, November 28, 2009

Time: 9:30 a.m. to 4:30 p.m.

Place: Metro Hall

55 John Street, Toronto

Join us for an exciting day of workshops and discussions with co-op members from across Toronto and York Region

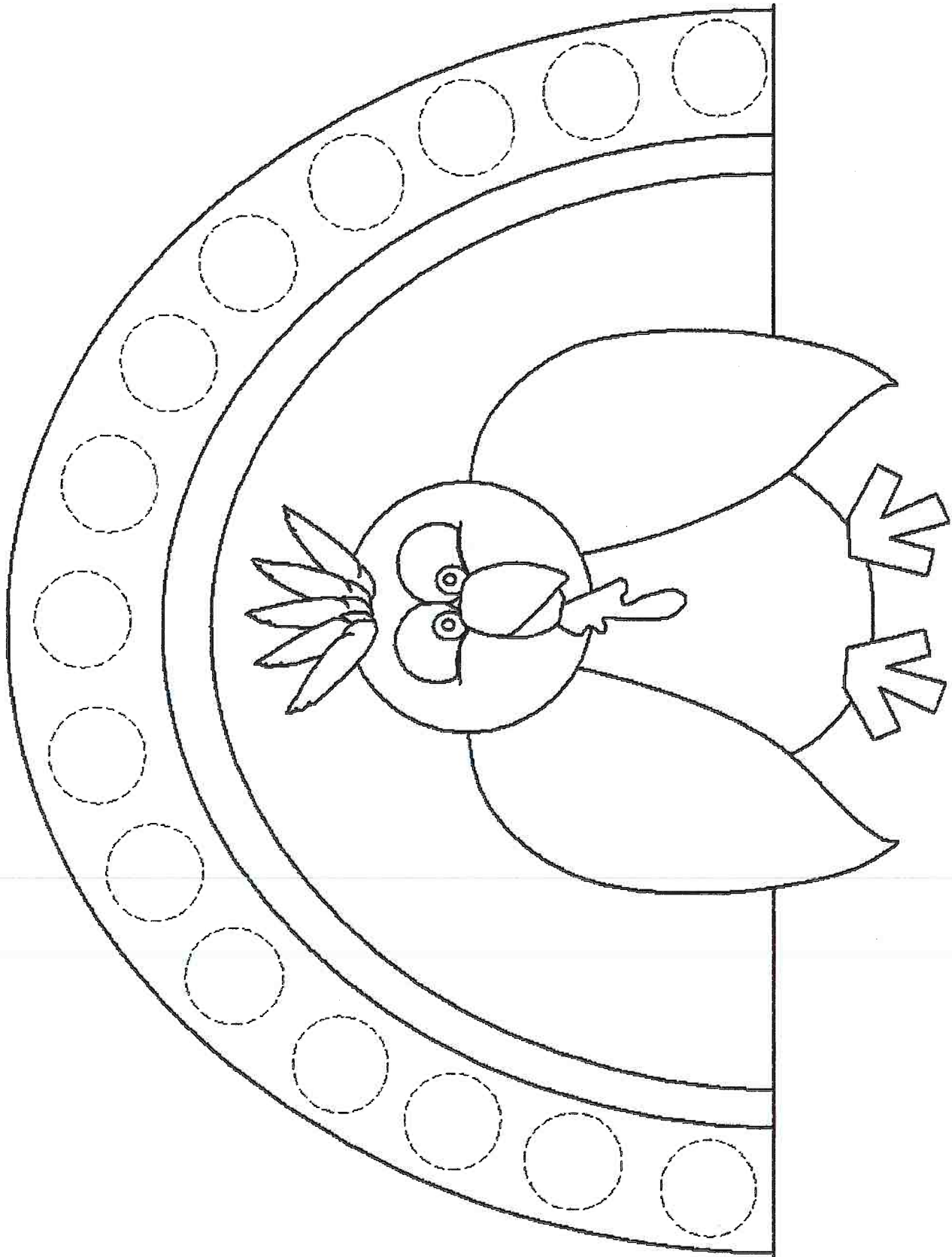
There will be three workshops to choose from in the morning and three workshops to choose from in the afternoon. Your registration fee will include lunch.

Watch for more information soon. Workshop descriptions and registration forms will be mailed to your co-op.

658 Danforth Avenue, Suite 306, Toronto, Ontario M4J 5B9

Telephone: (416) 465-8688 Fax: (416) 465-8337 E-mail: info@coophousing.com

Web: www.coophousing.com



AUTUMN CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	23	22	9	24	10	8	5	4	2	7	6	14	3	25	21	12	13	17	11	16	20	26	18	15	19

11 5 24
 6 24 1 20 24 17
 1 13 24
 22 5 1 3 8 4 3 8

26 4 11 5
 11 5 24
 11 4 14 24
 25 10
 15 24 1 13

Directions:

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

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

Hey Kids,

The first one to call me and tell me the answer to the cryptogram will win a prize. Make sure to leave your name, unit number and your age as well as the cryptogram message. Good luck.

Luci 416-265-1649

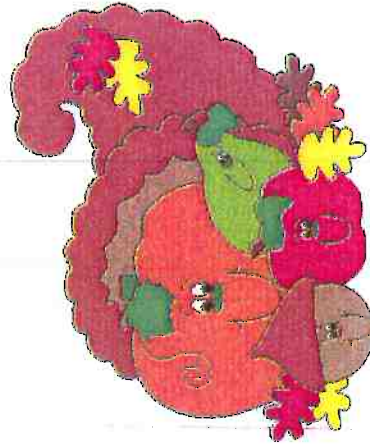


Thanksgiving Word Search

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

cook
 corn
 dinner
 fall
 family
 feast
 food
 gravy
 harvest

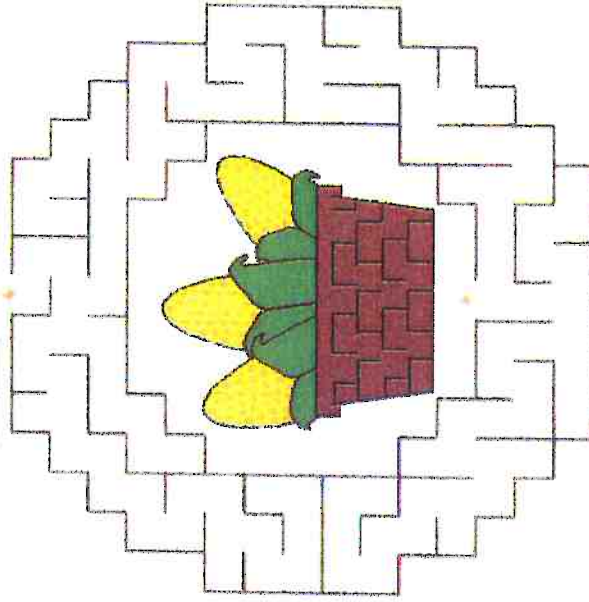
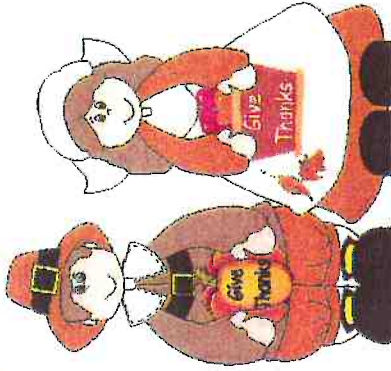
maize
 pilgrims
 pumpkin
 relatives
 settlers
 squash
 stuffing
 thanks
 turkey



http://www.dltk-kids.com/k_template.asp?i=http://www.dltk-holidays.com/thanksgiving/im...

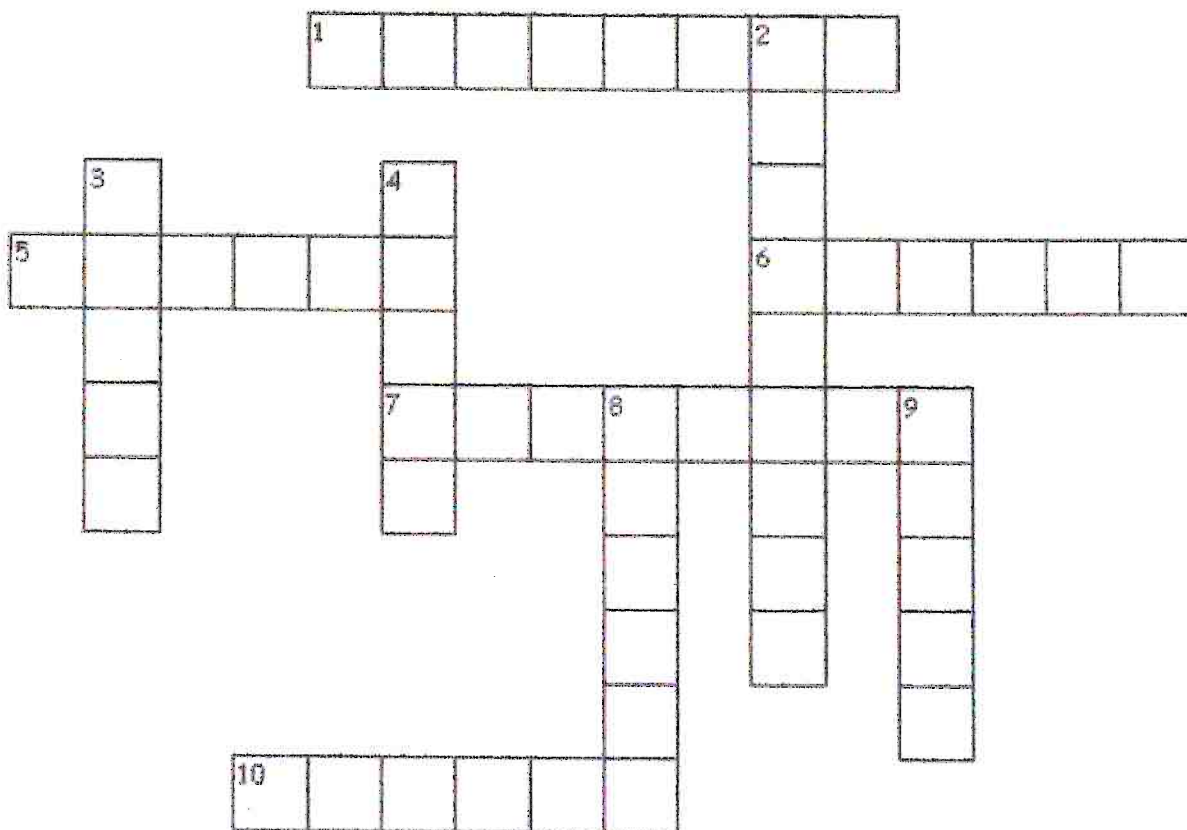
Thanksgiving Maze

Help the pilgrims find the corn.



http://www.dltk-kids.com/k_template.asp?i=http://www.dltk-holidays.com/thanksgiving/im...

Thanksgiving Crossword



Across

1. people who have migrated to a different land from where they were born
5. reddish growth that covers the throat and neck of a turkey
6. a Thanksgiving time of year
7. fills up the bird and then fills up the people
10. main course at Thanksgiving supper

Down

2. another word for family members
3. another name for corn
4. a celebration including large quantities of food
8. people we visit on Thanksgiving
9. yummy sauce to pour over turkey

Word List: autumn, family, feast, gravy, maize, relatives, settlers, stuffing, turkey, wattle



Thanksgiving Treats Hidden Picture

Can you find all of the hidden Thanksgiving treats? Print out this page, decorate it with your favorite Crayola® markers, crayons or colored pencils and find the treats.

one fork

three pumpkins

one milk carton

three cornucobs

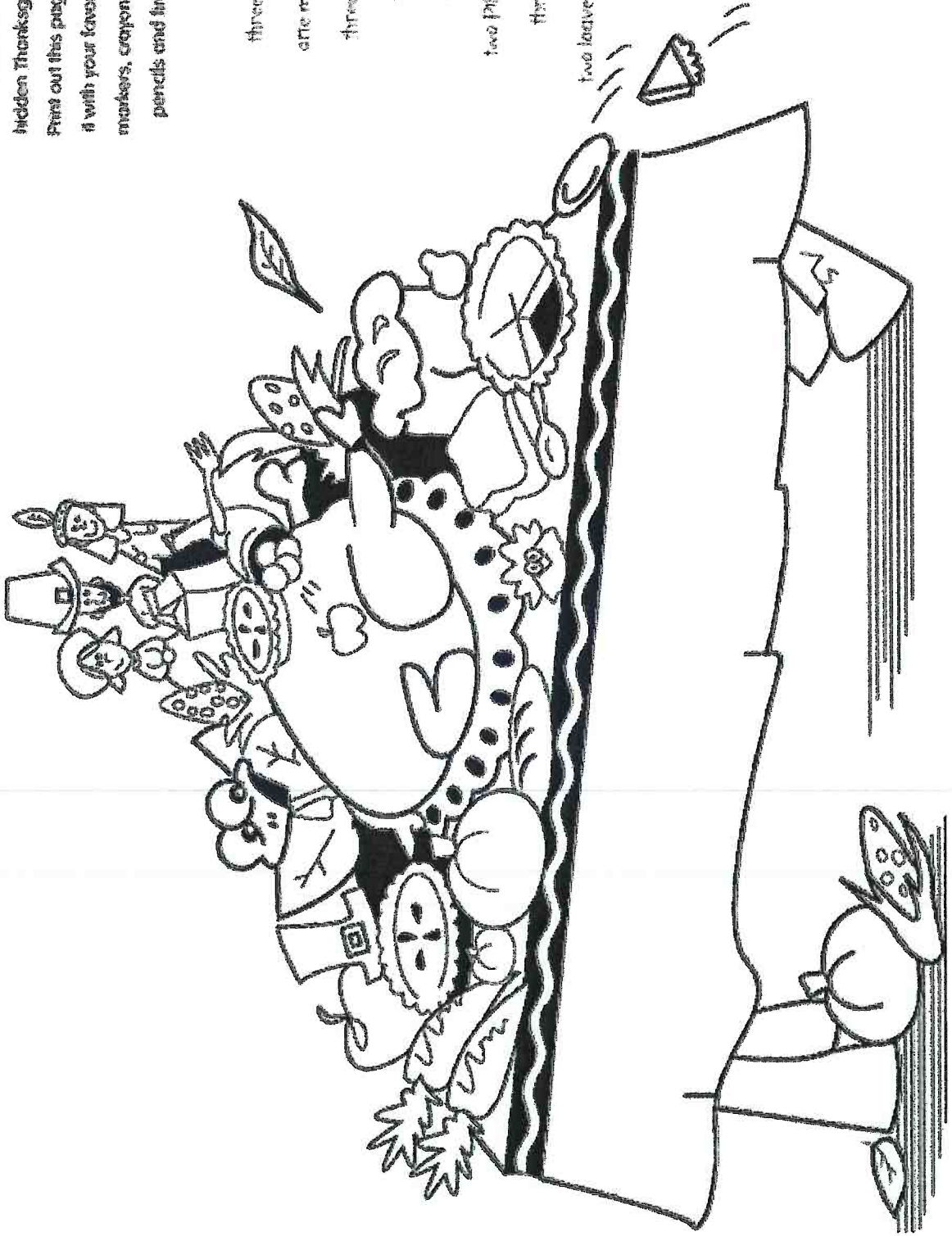
two apples

one spoon

two Pilgrim hats

three turkeys

two leaves of bread



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Feedback

No winners this month. I guess everyone was busy with back to school things. Even Meme didn't put in an answer sheet. This month's quiz answers must be submitted by **October 19th**. Submit your entries to one of the NewsMagazine Committee (listed at the front of the NewsMagazine) or in the black box by the Office door.

We're pleased to announce that Jewel Peterson of Unit 2208 has joined the committee.

We have a lot of move-outs and move-ins over the past few months. It is sad to say farewell to old friends but hopefully new friendships will be formed with the new members. As a result the annual unit inspections have been moved up to the end of October. One of the moves is mine, I am moving into the Folcroft building and hope to be able to proceed with the inspections soon.

Attendance at the GMM was very poor this time around. We did get several new Board members and a couple of old Board members returned. Welcome to new members Pamela Syvret, Melina Purificato and Travis Simmons. It is nice to have new members on the Board as they bring a fresh perspective. Gillian Smith, Melanie Lyle and Shannon Doyle have returned for a new term in Office so it is nice to have their experience to add to discussions and problem solving.

We did get a new Chairperson for the Children's Committee (Travis Simmons , Unit 1601, and Anita Rocha, Unit 1607, to Chair the Welcoming Committee. It's wonderful to see new members active and participating in our Co-op.

I wish everyone a happy Thanksgiving and a haunting Hallow'en.

See you all at work day.

Luci

