



Shurlestone

News Magazine

January 2012





Mission Statement

To promote Unity and Participation

To inform and Entertain

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Committee Members

Janice Hardacre
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Acknowledgements :

Thanks to all those who helped make this issue possible!



Notes from the Editor

January 2012

Happy New Year, everyone!

May this new year bring many opportunities your way, to explore every joy of life and may your resolutions for the days ahead stay firm, turning all your dreams into reality.

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. ~*Hal Borland*

For all those creative teens out there, the Toronto Public Library wants to publish your articles, poems and artwork in their "Young Voices 2012" magazine. I've included some information about it and the entry form. The deadline is March 31 so be creative and have fun.

Janice

January 2012

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 	2	3 Office Re-open	4	5	6 <i>Epiphany</i>	7 Membership Mt.g 9:00 am <i>Orthodox Christmas Day</i>
8 <i>Elvis Presley Day</i>	9 HSE Mtg. 7:00 pm	10 Board Mtg. 7:00 pm	11 Finance Mtg. 7:00 pm	12	13	14 <i>Orthodox New Year</i>
15	16 <i>Martin Luther King Day</i>	17	18	19	20 Newsletter Mtg. 7:30 pm	21
22	23 <i>Chinese New Year</i> 	24	25	26	27 Newsletter Mtg. 7:30 pm	28
29	30	31				

Getting Our Co-op Principles Right

Here's a quick reference version of the co-op principles that we've adapted especially for housing co-ops.

7**Concern for Community**

Housing co-ops work to build strong communities inside and outside the co-op. They help to improve the quality of life for others and they take care to protect the environment.

6**Co-operation among Co-operatives**

By organizing together in federations, housing co-ops grow stronger and help to build a healthy co-op movement. Where they can, housing co-ops use the services of co-op businesses to meet their needs.

5**Education, Training and Information**

Housing co-ops offer education and training to the members, directors and staff so that everyone can play a full role in the life of the co-op. Housing co-ops find ways to tell the public what they are and what they do.

1**Voluntary and Open Membership**

Membership in a housing co-op is open to all who can use the co-op's services and accept the responsibilities of being a member, without discrimination.

2**Democratic Control**

Housing co-ops are controlled by their members. Each member has one vote. Housing co-ops give members the information they need to make good decisions, and take part in the life of the co-op.

20

VISION

20

3**Member Economic Participation**

Members contribute financially to the co-op and share in the benefits of membership. The co-op does not pay a return on the members' shares or deposits. Instead it sets aside reserves for the future and charges the members only what it needs to operate soundly.

4**Autonomy and Independence**

Housing co-ops are independent associations. They follow the laws that apply to them and their agreements with governments or other organizations. But the members control the co-op.

**Good Governance
and the International
Co-op Principles**





Funny New Year Resolutions

- *Check out these funny and innovative New Year's Resolutions! Enjoy these and make some for yourself...Surely you will enjoy!!*
- Just for today, I will not sit in my living room all day in my nightdress. Instead, I will move my computer into the bedroom.
- I will no longer waste my time reliving the past, instead I will spend it worrying about the future.
- I will not bore my boss by with the same excuse for taking leaves. I will think of some more excuses.
- I will do less laundry and use more deodorant.
- I will avoid taking a bath whenever possible and conserve more water.
- Assure my lawyer that I will never again show up drunk at a custody hearing.
- I will give up chocolates totally. 100%. Completely. Honestly....
- I will try to figure out why I *really* need nine e-mail addresses.
- I will stop sending e-mails to my wife (husband).
- I resolve to work with neglected children -- my own.
- I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.
- I will spend less than one hour a day on the Internet. This, of course, will be hard to estimate since I'm not a clock watcher.
- I will read the manual... just as soon as I can find it.
- I will think of a password other than "password."
- I will not tell the same story at every get together.
- I won't worry so much.
- I will cut my hair.
- I will grow my hair.
- I will stop considering other people's feelings when they so obviously don't consider mine - if that unwashed fellow sits next to me again, I'll tell him he stinks!
- I will be more imaginative.
- I will not hang around girls - they think you love them and that sucks.
- I will not ring the stewardess button on airplanes just to get her phone number.

Resolutions You Would be Tempted to Keep...

For those who are scared of making resolutions here are some resolutions they would actually be tempted to keep!!

- Spend more time watching TV / movies.
- Chat more over phone / Internet.
- Read less.
- I want to gain weight. Put on at least 30 pounds.
- Stop exercising. Waste of time.
- Procrastinate more.
- Drink. Drink some more.
- Start being superstitious.
- Spend more less time at work.
- Stop bringing lunch from home: I should eat out more.
- Take up a new habit: Maybe smoking!

DID YOU
KNOW



10 good uses for salt

1. Deter ants

Sprinkle salt in doorways, on window sills and anywhere else ants use to sneak into your house.

2. Kill grass and weeds growing in cracks in your driveway

Sprinkle salt on the grass and pour very hot water over it. Not only is this a highly effective way to kill unwanted plants, it's also eco-friendly and cheap.

3. Say goodbye to fleas

If your dogs have fleas, simply wash their doghouse and blankets in salt water. If you're worried your dogs may have brought fleas into your house, simply sprinkle your carpets lightly with salt and then brush it in. Leave it for 12 hours and vacuum thoroughly.

4. Pick up a dropped egg

If you drop an egg on the kitchen floor, sprinkle salt on the mess and leave it there for 20 minutes. You'll be able to wipe it right up.

5. Clean up oven spills quickly

If a pie or casserole bubbles over in the oven, pour a handful of salt on top of the spill. It won't smoke, smell and, most importantly, will bake into a crust that makes the mess easier to clean once it's cooled.

6. Clean brown spots off your iron

Simply sprinkle salt on a sheet of waxed paper, slide the iron across it and rub lightly with silver polish. Your iron will look like brand-new in no time.

7. Remove stains from your coffee pot

Fill it with 1/4 cup of table salt and a dozen ice cubes. Swish the mixture around, let it sit for half an hour, fill it with cold water and rinse. Your coffee pot will look brand new.

8. Keep your windshield frost-free

Dip a sponge into salt water and rub it on windows, and they won't frost up even when the mercury drops below zero.

9. Shell nuts more easily

Soak pecans and walnuts in salt water for a few hours before shelling them. Doing so will make it easier to remove the meat.

10. Drip-proof candles

If you soak new candles in a strong salt solution for a few hours, then dry them well, they won't drip when you burn them.

And some more uses

11. Tame a wild BBQ

Toss a bit of salt on the flames caused by fat dripping from the grill. It'll reduce the flames and calm the smoke without cooling the coals (like water would).

12. Soothe a bee sting

Wet the sting right away, then cover it with salt.

13. Stop a grease fire

Pouring salt on top of a grease fire will smother it. Completely.

14. Cooking tip

If a soup or stew is too sweet, add a pinch of salt

Warm Up, Slim Down and Get Healthy With Delicious Winter Soups



Dr. Patricia Fitzgerald, Wellness Editor, The Huffington Post; doctor of acupuncture and Oriental medicine; nutritionist; author.

Winter is officially here. It's the season of long nights and short days, of reflection and looking inward, and of thinking of ways to keep warm: scarves, gloves, fireplaces, cuddling... and soup. Ahh, soup.

When I want to remedy that "cold to the bone" wintertime feeling, a delicious steaming bowl of soup often comes to mind. Here are 4 great reasons to eat more soup this season, followed by some easy and delicious recipes:

1. Unlike some other comfort food (especially holiday comfort food), soup is generally good for you.

Soup can be part of a comprehensive plan to achieve or maintain a healthy weight. Research suggests that soup can help to increase satiety and reduce caloric intake when consumed before a meal. Soup can help you feel full and satisfied but not heavy and weighed down.

2. Soups are a great way to follow your New Year's resolution to increase vegetable consumption.

Still trying to figure out a simple way to eat more kale, Swiss chard or spinach? You may want to consider adding your favorite greens to soup recipes as well as experimenting with other veggies.

3. Making soup lets you be creative in the kitchen, no matter how "culinarily challenged" you are.

Soups are relatively easy to make, so unlike with some dishes, where it wouldn't be

advised for an amateur to alter the recipe too much, when it comes to soup, even a novice can enjoy some culinary creativity. It's fun to experiment with a favorite soup recipe and add your own twist, such as varying the types of vegetables or herbs used.

4. You can put ingredients in your soup to support a healthy immune system, which is especially helpful during the cold and flu season.

In traditional Chinese medicine, soups are sometimes part of the treatment plan, and there are so lots of "food as medicine" ingredients that can be added to soups. "Medicinal" mushrooms such as shiitake and maitake can provide substantial support to the immune system; ginger has anti-inflammatory properties and is beneficial for the digestive system; thyme can be beneficial to respiratory health; and garlic has numerous health benefits -- it is known for its antimicrobial activity and can help to prevent infection..

Chicken Lo Mein



"This dish is easy to make, and full of flavor. The chicken is incredibly tender, and the ginger, garlic and soy sauce combine to give it its authentic taste. Garnish with chopped fresh cilantro."

PREP TIME 45 Min
COOK TIME 30 Min

Original recipe yield: 4 servings

Ingredients:

4 skinless, boneless chicken breast halves - cut into thin strips
5 teaspoons white sugar, divided
3 tablespoons rice wine vinegar
1/2 cup soy sauce, divided
1 1/4 cups chicken broth
1 cup water
1 tablespoon sesame oil
1/2 teaspoon ground black pepper
2 tablespoons cornstarch
1 (12 ounce) package uncooked linguine pasta
2 tablespoons vegetable oil, divided
2 tablespoons minced fresh ginger root
1 tablespoon minced garlic
1/2 pound fresh shiitake mushrooms, stemmed and sliced
6 green onions, sliced diagonally into 1/2 inch pieces

Instructions:

In a medium, non-reactive bowl, combine the chicken with 2 1/2 teaspoons of white sugar, 1 1/2 tablespoons vinegar and 1/4 cup soy sauce. Mix this together and coat the chicken well. Cover and let marinate in the refrigerator for at least 1 hour.

In another medium bowl, combine the chicken broth, water, sesame oil and ground black pepper with the remaining sugar, vinegar and soy sauce. In a separate small bowl, dissolve the cornstarch with some of this mixture and slowly add to the bulk of the mixture, stirring well. Set aside.

Cook the linguine according to package directions, drain and set aside. Heat 1 tablespoon of the vegetable oil in a wok or large saucepan over high heat until it starts to smoke. Add the chicken and stir-fry for 4 to 5 minutes, or until browned. Transfer this and all juices to a warm plate.

Heat the remaining vegetable oil in the wok or pan over high heat. Add the ginger, garlic, mushrooms and green onions, and stir-fry for 30 seconds. Add the reserved sauce mixture and then the chicken. Simmer until the sauce begins to thicken, about 2 minutes. Add the reserved noodles and toss gently, coating everything well with the sauce.

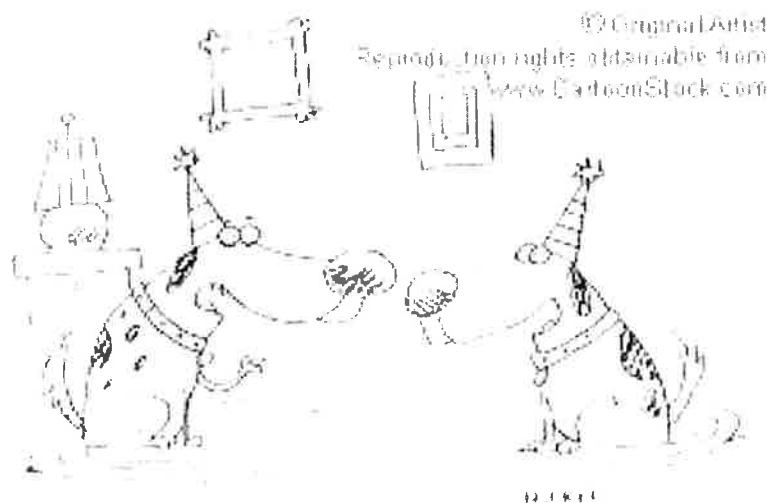
The Holiday Spot. Photo by: Shaikira. Submitted by: Michelle.

POLE WALKING IS A LOW-IMPACT OUTDOOR EXERCISE THAT CAN BURN 46% MORE CALORIES OVER REGULAR WALKING AND CAN BE PERFORMED BY ANYONE ON SOFT OR HARD SURFACES.

It's a new trend in fitness and a huge outdoor sport in Europe. It was originally created as summer training by cross country skiers in Finland.

Everyone can do it no matter what their level of fitness.

- It uses 90% of body muscles
- Build better endurance and more flexibility
- Lose weight
- Help eliminate Back, Shoulder and Neck Pain
- Develops upright Body posture
- Helps decrease High Blood Pressure
- Proven to regulate blood sugar for Diabetics
- Low impact on Hips, Knees and foot Joints
- Improve Balance and coordination



"What a New Year's party! I drank from the toilet, barked for hours and rolled around in something really smelly!"

young voices 2012

magazine of teen writing and artwork

Call for submissions

Express yourself!

GUIDELINES

1. Write what you want to write! It can be a poem, story, essay... whatever you like.
2. Submit only your own original work.
3. Submissions are not returned, so keep a copy of your work.
4. Toronto Public Library has one-time print and electronic rights to all work, as well as the right to excerpt from the work for purposes of promotion.
5. Written submissions will be selected from each of the following age categories:
12–14; 15–16; 17–19.
6. Artwork will not be categorized by age for the purposes of choosing what to publish.

NOTE Related work (ie. artwork submitted in conjunction with writing) may not be considered together.

WHO CAN ENTER

Teens, 12–19 years who live or go to school in the City of Toronto.

WHAT CAN BE ENTERED

You can enter two pieces each year:

- One piece of writing per person
- One visual piece per person, either a piece of artwork OR a photograph

Written Work: poems, stories, rants, reviews...

- 1,000 words maximum
- Typed entries preferred, but not required

Artwork:

- 8 ½" x 11" preferred
- Black and white artwork only

Photography:

- 4" x 6" preferred; 300 dpi resolution for electronic submissions
- Black and white photographs only

HOW TO ENTER

In a Toronto Public Library branch

- FULLY complete the submission form
- Attach the form to your work
- Drop your work off at any public library branch in Toronto
- For artwork submissions dropped off at library branches, originals are preferred, but if you submit a copy you will be required to submit the original should your work be selected for publication

Online submissions

Written

- Submit written work online using the submission form at torontopubliclibrary.ca/youngvoices
- FULLY complete the online submission form including your address and postal code

Artwork

- Submit black and white artwork via email to Ken Sparling, ksparling@torontopubliclibrary.ca
- In the body of the email, please supply your name, age, address with postal code, and phone number
- you will be required to submit the original artwork should your work be selected for publication

Photographs

- Submit black and white photographs, minimum 4" x 6", 300 dpi via email to Ken Sparling, ksparling@torontopubliclibrary.ca
- In the body of the email, please supply your name, age, address with postal code, and phone number

SELECTION TIMELINES

Submission deadline:

Saturday, March 31, 2012

- Editorial teams meet to make selections during spring 2012
- Contributors selected to be published will be contacted during June 2012
- Only those with work to be published will be contacted
- *Young Voices* magazine is published once every year in October
- Questions? Contact Ken Sparling ksparling@torontopubliclibrary.ca



YOUNG VOICES 2012 Submission Form

Please fill out this form fully and attach it to your submission.
Submissions with incomplete forms may not be considered for publication.

Submission Deadline: Saturday, March 31, 2012

Last name _____ First name(s) _____

Address _____ Postal code _____

Email _____ Phone number _____

Age _____ Male Female Today's date _____

Title of your submission _____

Genre of submission:

Poem Fiction Rant Review Art Photograph

Other (please specify what type of work you are submitting) _____

Name of library branch where you submitted _____

I heard about *Young Voices*:

at the library at the mall at school at a shelter online at *ramp*

Other (please say where) _____

torontopubliclibrary.ca/youngvoices

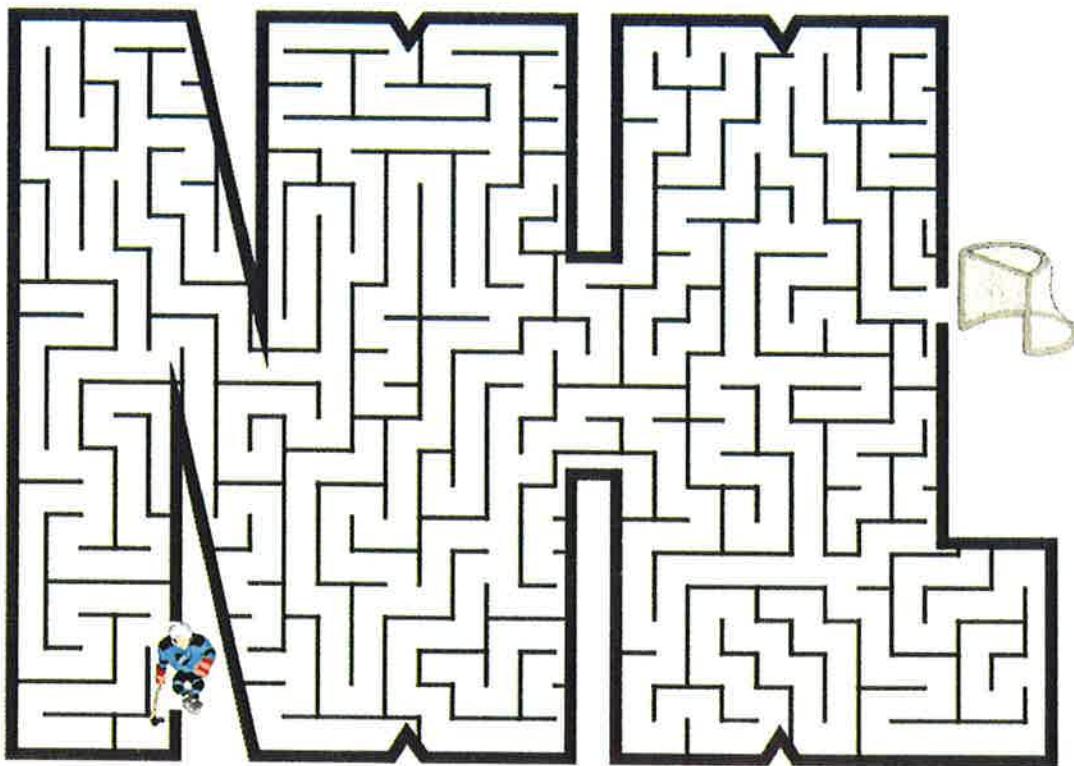


The Magician

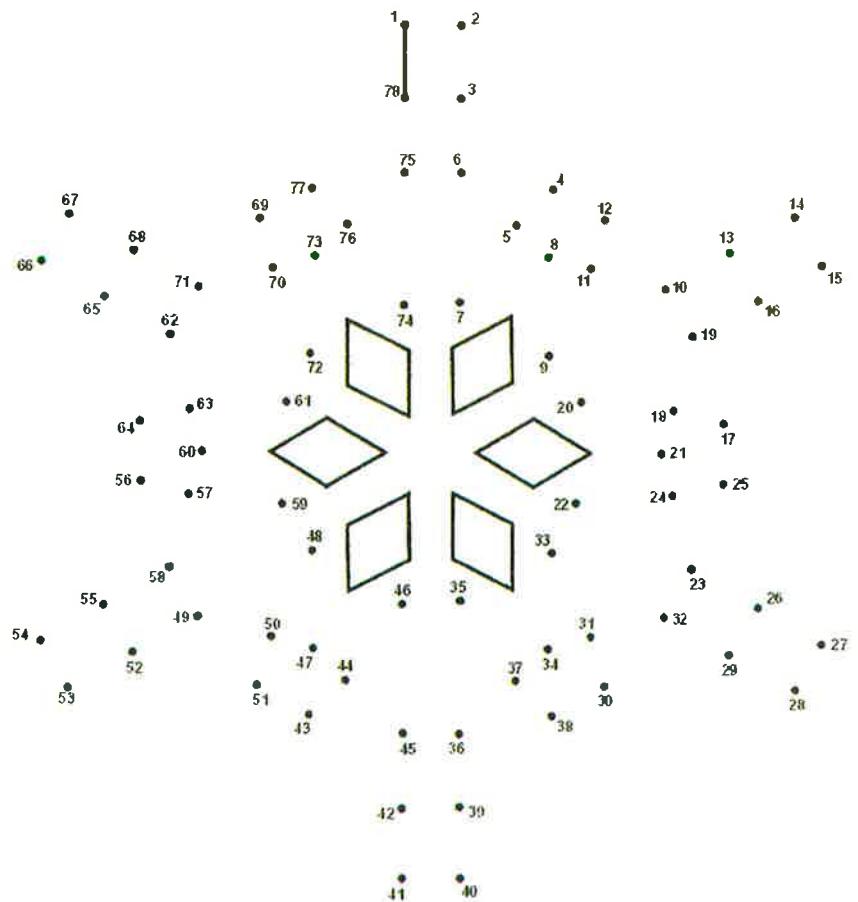


Lisa Xuan, age 15

Guide the hockey player through the maze to the net.



**Winter Snowflake
Dot to Dot:
Numbers (1-78)**



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

Hockey Word Search Puzzle

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

ARENA	FACE-OFF	HOLDING	PENALTY	SPORT
BLUE LINE	FORWARD	HOOKING	POWER PLAY	STANLEY CUP
BREAKAWAY	GOALIE	NET	REFEREE	TEAM
CENTER	HAT TRICK	NEUTRAL ZONE	SKATES	THREE PERIODS
CHECKING	HELMET	NHL	SLAPSHOT	TRIPPING
DEFENSE	HOCKEY STICK	OFFSIDE	SLASHING	WRIST SHOT

January Sudoku:

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

Solution to December

Sudoku:

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

Angus & Phil

BY ANNE TAYLOR LEBEL



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New Year Matching Game

Instructions for playing:

Accurately match the answers on the right to their correct counterparts on the left and score a ten-on-ten in this exciting word matching game puzzle.

1) January 1 is also known as	A. The Old Year.
2) A popular New Year custom	B. Greece.
3) The Times Square Ball is lowered at 11:59:00 p.m. on	C. New Year Babies.
4) Father Time	D. New Year's Day.
5) Baby New Year	E. Making New Year Resolution
6) People born on New Year's Day are commonly called	F. New Year's Eve.
7) The practice of running into water on New Year's Day	G. Old long ago.
8) New Year's Day in Israel is	H. The New Year.
9) The tradition of using a baby to signify the New Year started in	I. A working day.
10) The famous New Year song "Auld Lang Syne" literally means	J. Polar Bear plunges.

Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a lucky 649 Ticket. The highest score 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 Jan, 27th. **Good luck**

New Year Anagram

Instructions :

Rearrange each disordered set of letters to fill the blank spaces with words that have a relation with New Year's Day. For each correct solution, you get one point. That equals to ten points for ten correct answers. Try your luck and see how much you score

rohns	:	_____
tefas	:	_____
ftgi	:	_____
notilesrou	:	_____
sabh	:	_____
laracden	:	_____
tufenor	:	_____
tighmnid	:	_____
adpera	:	_____
vyelrer	:	_____

Submit your answers to the NewsMagazine box at the Office or E-mail them to t-nm@live.ca to win a lucky 649 Ticket. The highest score 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 Jan, 27th. **Good Luck**



www.ActivityVillage.co.uk - Keeping Kids Busy