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# OUR PLACE

## Community of Hope

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# SEPTEMBER 2020 NEWSLETTER

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## SEPTEMBER BIRTHDAYS

**Happy Birthday to all of our friends born in September!**



- \* Anh - September 9th
- \* Tina-Marie - September 11th
- \* Stewart P- September 16th
- \* Dansil H- September 23rd
- \* Joe S- September 24th



WeKnowMemes

## FAMOUS SEPTEMBER BIRTHDAYS

Lily Tomlin- September 1

Beyonce Knowles- Carter- September 4th

Pippa Middleton- September 6th

Pink- September 8th

Prince Harry- September 14th

Jimmy Fallon- September 19th

Bill Murray- September 21st

Bruce Springsteen- September 23rd

Will Smith- September 25th

Donald Glover- September 25th

Hilary Duff- September 28th

**\* If you want to celebrate your birthday with us, please let us know!**

# SPECIAL ANNOUNCEMENT

## Our Place is re-opening the drop-in on Monday, August 14!

The drop-in will be open Monday-Friday, 12:30-3:30 and To Go Meals continue to be available Monday-Friday, 2-5pm.

WE ARE SO EXCITED!

Due to COVID-19, things are going to have to be different at Our Place so that we can maintain a safe space for everyone.

Below is an idea of what you can expect when you come back:

### General

- We will be taking re-opening day by day, meaning things could change every week. We promise to keep you updated!
- The drop-in will now be open **Monday-Friday from 12:30-3:30**, please share this change with your friends!
- We will only be allowing a limited amount of people in the building at a time, on a first come first service basis, **starting with only 15 people at a time.**
- Take away meals will continue from 2-5. Everyone is welcome to grab a meal on their way out of the center, but you will not be able to bring it inside the building. Sit down meals inside are still canceled for the time being.
- We are so grateful for your help, but there is no member volunteering at this time.

### Before Entering the Building

- As per city by law, **you must wear a mask that covers your nose, mouth and chin at all times when in the center.**
- If you have a physical condition that does not allow you to wear a mask, you will not be able to enter the building. However, we will do everything we can to support you outside of the center (access to Wi-Fi, phone, meals, etc.).
- Everyone will need to be screened before entering the drop-in. Please be ready to wait outside the door of the drop-in for a staff member to screen you before entering the building. **You will need to line up and wait before entering the building.**
- Everyone will be required to use hand sanitizer when entering the building, *no exceptions.*

**Inside the Building:**

- When you get inside, you'll notice things look a lot different! Please do not move your chairs outside of the green boxes on the floor, and only sit on the X's on the benches. Please don't move the tables or chairs around.
- **Everyone must follow physical distancing** (stay 6 feet apart, or two arm's length). We understand how excited you might be to see your friends (we are so excited to see you too!), but please make sure to keep a safe distance away from everyone!
- **Due to covid-19 restrictions certain activities will not be available, including playing cards, playing pool, board games, and coffee and snacks.** We're so sorry to have to cancel these things, we miss them too, but our number one priority is to keep everyone safe!
- At this time, no food or drink is allowed in the center. Please keep your mask on at all times.
- Only one person allowed in the washroom at a time. We ask that you close the door on your way in, and leave it open on your way out. If the door to the washroom is closed, please wait outside on the circle before going in.
- No members will be allowed in the staff office. If you need to talk to a staff member while they are in the office please stand on the circle by the railing outside the office door.

**This is brand-new territory for all of us and we are going to do our absolute best to open safely remain open. It's going to take flexibility, patience and creativity on all of our parts but we are confident we can do it!**

**Your community is our community too and we are SO happy to be back together.**



# Virtual (Online) Programs

## Writing Group

Beginning September 11, Peter (career journalist and treasured Our Place volunteer) will be leading the writing group via Zoom Fridays at 1:30pm.

Please let staff know if you would like to sign up. If you don't have access to a computer, you can always phone in or we can set you up at the centre.

Everyone is welcome to join in and no experience is necessary!

## Anger Management

The virtual Anger Management course continues for anyone who is interested. It is free of charge and will be offered virtually (on Zoom). As with Writing Group, if you do not have access to a computer, you are welcome to phone in or take the courses with an Our Place laptop. Speak to staff for more information.

The training utilizes Cognitive-Behavioural tools and techniques to help individuals navigate tough situations. With topics such as Communication, The Cycle of Violence, and Learning from

Mistakes, participants can dive deeper into the root of their anger and learn more about themselves in the process.

There are also many opportunities for individuals to connect the lessons with their past and/or current experiences, as open discussion is encouraged. This group operates from a trauma-informed perspective, and aims to provide a safe, open, and non-judgemental space for individuals to explore their emotions and find new ways to grow.

**When:** Every Thursday. The Women's Group will meet at 2:30pm and Men's Group at 3:30pm.

**Where:** Zoom (through your phone or computer. *Must have Internet access.*)

**To Sign Up:** Email [info@ourplacecommunityofhope.com](mailto:info@ourplacecommunityofhope.com) or call the Our Place office- (416) 598-2919. To complete your registration, the Tia or Clarence will call you to introduce themselves and have a quick chat with you.

## Other Virtual Programs to Come...

If there is an interest in being able to attend groups on line, rather than coming into the centre, we will look offering Peer Support Group and other groups virtually. Let us know if this is something you would like to see!

# SEPTEMBER PROGRAM CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DROP-IN HOURS:</b> <b>Mon-Fri, 12:30-3:30</b></p> <p><i>NOTE: Programs and hours may change without notice in response to Public Health's COVID-19 safety recommendations.</i></p> <p><b>HAPPY LABOUR DAY</b> <i>Sorry WE'RE CLOSED</i></p>	<p><b>1 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30 </p>	<p><b>2 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30</p>	<p><b>3 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30 <b>VIRTUAL ANGER MANAGEMENT</b> Women: 2:30   Men: 3:30</p>	<p><b>4 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30 <b>CLOTHING GIVE-A-WAY!</b> 2-4pm</p>
<p><b>14 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 15 PEOPLE MAX MASKS MANDATORY</p>	<p><b>8 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30 </p>	<p><b>9 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30</p>	<p><b>10 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30 <b>VIRTUAL ANGER MANAGEMENT</b> Women: 2:30   Men: 3:30</p>	<p><b>11 TO-GO MEALS 2-5</b> Appointments to use computer/Wi-Fi/phone 1:30-3:30 <b>VIRTUAL WRITING GROUP w/PETER</b> 1:30- 2:30</p>
<p><b>21 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>CURRENT EVENTS</b> 2-2:30</p>	<p><b>15 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <i>welcome back</i></p>	<p><b>16 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30</p>	<p><b>17 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>VIRTUAL ANGER MANAGEMENT</b> Women: 2:30   Men: 3:30</p>	<p><b>18 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>WRITING GROUP w/ PETER</b> 1:30- 2:30 <i>IN-PERSON or VIRTUAL</i></p>
<p><b>28 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>CURRENT EVENTS</b> 2-2:30</p>	<p><b>22 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>INDIVIDUAL PAINTING</b> 1-3 </p>	<p><b>23 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>PEER SUPPORT</b> 3-4</p>	<p><b>24 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 1:00 MOVIE MATINEE: MISSION IMPOSSIBLE 3 <b>VIRTUAL ANGER MANAGEMENT</b> Women: 2:30   Men: 3:30</p>	<p><b>25 TO-GO MEALS 2-5</b> <b>DROP-IN OPEN</b> 12:30-3:30 <b>WRITING GROUP w/ PETER</b> 1:30- 2:30 <i>IN-PERSON or VIRTUAL</i></p>
<p><b>OUR PLACE</b> <b>COMMUNITY OF HOPE</b> 1183 Davenport Rd. (at Bkr North from Ossington TTC Station) <b>416 598-2919</b> <a href="http://www.ourplacecommunityofhope.com">www.ourplacecommunityofhope.com</a></p> 				

## New Additions to the Our Place Team

### Welcoming Emily and Zoe back!

Thanks to a program from the federal government called Canada Summer Jobs, we were able to invite students Emily and Zoe back to Our Place as staff. They will be working part-time this Fall while they continue their studies. It is SO nice to have them back and we wish them all the best in their return to school.



A note from Emily:

*"Hello Everybody, my name is Emily.*

*You may remember me from last winter when I was able to do my placement at Our Place.*

*I hope everyone is doing well and staying healthy during these hard times.*

*I am so excited to meet with you all again!"*

### Toban, New Full-Time Staff

United Way Greater Toronto, Funded by ECSF, provided us with a grant that enabled us to hire a full-time position to assist with mental health programming and safely reopening the centre. We feel really lucky to have found Toban and are looking forward to you meeting him.

*A big thank you to United Way for making this possible!*



A note from Toban:

*"Hi everyone!*

*My name is Toban. I'll be on staff at Our Place full time, and I'm looking forward to meeting more of you.*

*Please say 'hello' and let me know if you need help with anything. I'd like to get to know you.*

*I learned about mental health in school and I helped people in a clinic and a support group before I came here.*

*I'm excited about helping with the drop-in and groups. It will be nice to have more people in the building and have more time to talk. It will be great to see the community coming back.*

*Take care, Toban"*

### June, Social Work Student

June will be completing her Social Work placement at Our Place from September until Spring 2021. We are really looking forward to providing a space for her to learn and for us to learn from her. Welcome June!



## **An Exciting New Partnership with West Toronto Diabetes Education Program**

Last year, we were lucky to have Julie (Registered Nurse) and Maira (Registered Dietician) from the West Toronto Diabetes Education Program come and speak to us about diabetes, nutrition and other chronic illnesses.

They are eager to connect with us again and will be contributing to the monthly Our Place newsletter with articles on various health issues. You can submit any questions you have for them to Our Place (email, phone, write it down or tell staff) and they will be answered in the newsletter the following month.

We hope you find this as educational as we do!



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## **Your Health – with Julie and Maira**

Hi everyone! We hope you are safe and well. We missed coming to Our Place to talk about type 2 diabetes. We'd love to do a Zoom session with you. Let Natasha know what you're interested in hearing about so we can prepare!

In the meantime, we'd like to talk to you about taking care of your feet. People with diabetes are more prone to foot problems including numbness and tingling, cuts and sores that do not heal well, infections and even amputations! A lot of this can be prevented, and the best person to do that is you.

Here are a few easy steps to keep your feet as healthy as possible:

1. Wash your feet several times a week, or even every day, with a mild soap and warm water. Test with your hands to make sure the water is not too hot, because some people with diabetes have trouble feeling temperature with their feet and might burn themselves by accident. Use a gentle, unscented soap. Dry your feet very well afterwards.
2. Use a nail clipper to cut your toenails straight across. Rounding off the corners makes it more likely to get painful ingrown toenails. Ask for help if you have trouble reaching your toes.
3. If you like, remove callus and dry skin with a pumice stone. Don't use a metal foot file, corn shaver, scissors or an X-Acto knife – you could cut yourself badly.
4. Don't use over-the-counter wart removal, as you could hurt yourself. Talk to a doctor about warts.
5. Put lotion on your feet. Dry skin is delicate skin, and delicate skin gets hurt more easily. Any non-scented lotion is fine, or even Vaseline or coconut oil! Don't put lotion in between your toes, as that area can get too moist.

6. Wear shoes that fit properly with a thick sole and good support, and change your socks every day if possible. Always wear socks with shoes. Avoid walking around in bare feet – wear shoes or slipper at home. Before you put on your shoes, look to see if there is anything inside the shoe, like a pebble, that could hurt you.

While you are taking care of your feet, have a good look to see if there are any changes. Many problems show signs early on, before they become very bad. You can use a mirror or your phone to look at the bottoms of your feet if you have trouble seeing. Here are some things to look for.

1. Colour – are they very pale? Are there any red spots? Are there any bruises?
2. Temperature – are they warmer or cooler than normal?
3. Toenails – are they thick and bumpy? Is the skin around them red or swollen?
4. Feeling – is there any new pain? Do they feel numb, tingly, burning or like pins and needles?
5. Injuries – are there any cuts, sores, bruises, swelling, or sore spots? Is there any bleeding? Are your heels cracked?
6. Shape – are they swollen? Have they changed shape?

If you get any injuries, wash them with soap and water and put a band-aid on, and call your doctor.

If you have any questions about the health of your feet, or if you have trouble cutting your toenails or removing callus, call your doctor. You may want to ask if you can see a foot care nurse or a chiropodist (foot specialist).

It's easy to get into a regular foot care routine. Just a few minutes each day can help keep you healthy and independent. Your body – especially your feet – will thank you.

Take care!

From, Julie RN and Maira RD

*Do you have any questions about foot care, or diabetes and healthy eating in general? You can send your questions to Natasha, and we will answer some of them anonymously in the next newsletter. Please do not ask anything personal. If you do have personal questions, and have type 2 diabetes or are at risk of developing type 2 diabetes, you can register for a telephone appointment with a nurse or dietitian. Call the West Toronto Diabetes Education Program at 416-252-1928 for more information. Talk to the Our Place staff if you need any help.*



## Mental Health & Crisis Resources

1. Call **911** if you are in immediate danger or need urgent medical support.
2. Text **WELLNESS** to 741741 to access the Crisis Text Line. Provides immediate support.
3. Wellness Together: **1-866-0445** (24/7). Provides free counseling and support.
4. Gerstein Crisis Centre: **(416) 929-5200** (24/7). This is a community-based crisis service for adults age 16+ in Toronto who are dealing with mental health issues and/or substance use issues and are currently in crisis. Also offers online face-to-face support, wellness groups, short term follow-up support, and referrals to other services.
5. Crisis Services Canada: **1-833-456-4566** (24/7) or text **START to 45645** (4pm-midnight). This is support for people who are thinking about suicide.
6. Distress Centre of Greater Toronto: **(416)-408-4357** (42/7). They provide emotional and crisis support.
7. St. Michael's Homes: **(416) 926-8267 ext. 110**. Addictions Services for men.
8. Assaulted Women's Hotline: **(416) 863-0511 or 1-866-863-0511** (24/7 crisis line)

**If you or someone you know is in immediate danger, call 911.**

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## STRESS

Do you feel like you are more stressed out lately? Has the pandemic negatively impacted your mental health? You're not alone.

A recent Nanos Research poll, conducted on behalf of the Mental Health Commission of Canada (MHCC), has found that many people in Canada have seen their stress levels double since the onset of COVID-19. Over 40% of respondents reported that their mental health is worse or somewhat worse than before the outbreak. (To read the full report, go to [https://www.mentalhealthcommission.ca/sites/default/files/2020-05/nanos\\_covid\\_may\\_2020.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-05/nanos_covid_may_2020.pdf)).

### Signs of Stress

- Feelings of irritability, sadness or guilt
- Fatigue
- Stomach problems



- Muscle tension or other physical pain or discomfort
- Change in sleep patterns
- Change in weight or appetite
- Difficulty in concentrating or making decisions
- Negative thinking
- Loss of interest, enjoyment or energy in something you used to enjoy
- Social withdrawal
- Restlessness

## **Coping with Stress**

Some coping ways of coping may temporarily reduce stress, but they cause more damage in the long run. Be watchful for the following unhealthy coping strategies:

- Smoking
- Drinking too much
- Overeating or under-eating
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four As: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Below are some tips for looking after yourself when your stress levels are on the rise:

1. Limit your exposure to social media and news if it has a negative effect on you. Stay away from online chatter if you feel worse after consuming media, or consciously follow it with a "chaser" of something cheerful and positive.
2. *Physically* distance yourself from others by staying two metres (six feet) apart, but don't *socially* distance. During this time, it is important to keep in touch with the people in your

life. Connect every day with at least one person. Do a good deed and reach out to people you know who have less social connections than you do, and check in with them. Online networking platforms are great for holding virtual dinners, coffee or drinks with friends or family.

3. Practice the “STOP” mnemonic when you are stressed: **Stop**, **Take a breath**, **Observe** what is happening, **Proceed** with a helpful action. For example, if you snap at your daughter while running out to buy groceries, **stop** and **take a breath**. **Observe** and assess your situation (e.g. questioning if the long list of grocery items that your daughter added are really necessary; anxiety about getting in and out of the store as quickly as possible). **Proceed** by recognizing that your fear has the upper hand, but the grocery store staff are doing their best to keep things clean and safe; your daughter just wants some normalcy back in her life. Apologize to her and label your own irritation as secondary to fear, negotiate an agreed upon list, smile and thank the grocery clerks, and after leaving the store wash your hands with sanitizer and again at home.
4. Prioritize getting a good night’s sleep. This is challenging for those with insomnia, but following good sleep hygiene can really help. Set regular sleep and wake times; sleep in a cool, quiet, dark bedroom; stop using a screen (phone, TV, computer, tablet) within an hour of winding down for bed; and if you are simply unable to sleep, or cannot fall back to sleep, get up and do something boring to try and encourage your body and mind to calm down.
5. Be open to trying a variety of calming techniques. There is no “one-size-fits-all” approach to finding virtual resources to encourage relaxation, meditation, or mindfulness. Search on Google or YouTube to check out a variety of different practices and see what works to calm your mind and body. A good starting point might be the [Mindful Awareness Research Centre](#), the [10 Per Cent Happier Coronavirus Sanity Guide](#), and meditation apps such as CALM and Headspace. Remember that meditation doesn’t equal relaxation. Often meditating is quite challenging as it allows us to become more familiar with the intimate workings of our minds and our bodies, so do not get frustrated if this approach does not work right away. It can take time, so above all else, **be kind to yourself**.

(Dr. Susan Abbey, Psychiatrist-in-Chief at UHN’s Centre for Mental Health. Sourced from: [https://tgwhf.ca/stories/mental-health-tips-and-resources-to-help-you-cope/?utm\\_campaign=COVID19-digital\\_June&utm\\_source=google&utm\\_medium=search&utm\\_content=Donate&gclid=Cj0KCCQjwv7L6BRDxARIsAGj-34oGQigjOEQlcbOSjglptlyEad9\\_wO5ahVLFooVRJpqSdc9zLAjTTLcaAqbkEALw\\_wcB](https://tgwhf.ca/stories/mental-health-tips-and-resources-to-help-you-cope/?utm_campaign=COVID19-digital_June&utm_source=google&utm_medium=search&utm_content=Donate&gclid=Cj0KCCQjwv7L6BRDxARIsAGj-34oGQigjOEQlcbOSjglptlyEad9_wO5ahVLFooVRJpqSdc9zLAjTTLcaAqbkEALw_wcB)).

***“You must learn to let go. Release the stress. You were never in control anyway.”***

**~ Steve Maraboli**



# Get Involved!

## Police Responding to Mental Health Crises and the Reach Out Response Network

Toronto police respond to approximately 30,000 mental health calls annually. The Toronto Police Service's mobile crisis intervention teams (MCIT), which pair a mental health nurse with a specially trained police officer, only have the capacity to respond to approximately 25 per cent of these calls, which is why in most cases, it is police to respond to most calls related to mental health.

Police have been under scrutiny for months over the police-involved deaths of Black and Indigenous people in mental health crisis and many are questioning whether police should be the first to respond to mental health crises.

The **Reach Out Response Network** is a coalition of community stakeholders dedicated to advocating for and creating transformational change in Toronto's mental health crisis services.

They are working to design and implement a non-police mental health emergency service, which will be accessible both through 911 and its own easy to recall number such as 811. The teams will be staffed by mental health clinicians and peer support workers from the communities they serve. They will be available across the city 24/7, with rapid response times equivalent to the response times of police, fire, and ambulance. Our civilian-led teams will replace police response to most mental health crises.

Reach Out Response Network hopes to develop teams that will truly revolutionize crisis response and lead the way in a paradigm shift away from coercive, forceful, police-led intervention towards an anti-oppressive, recovery-oriented, trauma-informed model that will empower individuals in crisis and promote their dignity, autonomy, self-determination, and resilience.

Reach Out Response holding town hall forums via Zoom to hear the public's thoughts about integrating a peer-and-clinician-partnered mental health emergency service in Toronto's municipal services.

Their vision is for this team to be incorporated into the 911 system and largely replace police response to mental health crisis. We hope to integrate your (anonymized) feedback into a proposal to the city of Toronto to develop the new service.

To be a part of the discussion, visit <https://reachouttoronto.ca/events>.

## Black Legal Action Centre

The Black Legal Action Centre (BLAC) has developed a survey to better understand the impact of COVID-19-related emergency measures on Black communities in Ontario. The questions below are designed to capture the experiences of Black Ontarians from March 17, 2020 onwards. This is anonymous and survey will take approximately 15 minutes to complete.

Let us know if you need access to a computer/Wi-Fi to participate in the survey.

Take the survey here:

<https://docs.google.com/forms/d/e/1FAIpQLSdcDJKcKcD15I2yQY0VT8k6XCJbN0D4LaNzSaeM-eKmp2npSA/viewform>

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## From the Kitchen of Our Place

### Toban's Honey-Gingered Brussel Sprouts

#### Ingredients

- 2 pounds Brussel sprouts
- 2 Tbsp butter
- 2-4 Tbsp thinly sliced ginger
- 2 Tbsp Dijon mustard
- 1/4 cup honey
- 4 Tbsp water
- 1/2 cup dried cranberries (or raisins or dried cherries)
- 1/2 cup chopped hazelnuts or walnuts
- salt or pepper to taste

#### Directions

1. Brown the nuts until golden either in a medium oven or over medium low heat on the stove.
2. Soak the dried fruit in water for at least 30 minutes (up to 1 day)
3. Cut a thin slice from the stem ends of the sprouts, leaving most of the root. Make a shallow X in each root. Soak for 10 minutes in a bowl of salted water.
4. Put butter in a large skillet and heat until it melts. Add ginger and cook a little. Add sprouts, coat them in the butter, and cook for several minutes until slightly brown.
5. Mix honey, water, and mustard; then add these to the sprouts. Turn heat to low and cover pan to steam them. Cook for 8 minutes, until barely tender; add more water if it evaporates. If there is too much water, boil it off at the end.
6. Add nuts and drained dried fruit. Serve right away.



## Natasha's Veggie Stir-Fry

### Ingredients

- 1 tablespoon olive oil
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 1 cup sugar snap peas
- 1 cup carrots sliced
- 1 cup mushrooms sliced
- 2 cups broccoli
- 1 cup baby corn
- 1/2 cup water chestnuts
- ¼ cup soy sauce
- 3 garlic cloves minced
- 3 Tablespoons brown sugar
- 1 teaspoon sesame oil
- 1/2 cup veggie broth (you can use any kind of broth you like)
- 1 tablespoon cornstarch
- chopped green onions and sesame seeds for garnish optional

### Directions

1. In a wok or large skillet add 1 Tablespoon olive oil over medium high heat. Add bell pepper, peas, carrots, mushrooms, broccoli, baby corn, and water chestnuts. Sauté 2-3 minutes until veggies are almost tender.
2. In a small whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch.
3. Pour over veggies and cook until the sauce has thickened. Garnish with chopped green onions and sesame seeds if desired
4. Serve on top of rice... enjoy!

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## Alanna's Summer Fruit Salad

### Ingredients

- 2/3 cup fresh orange juice
- 1 cup fresh lemon juice
- 1/3 cup of packed brown sugar
- ½ teaspoon grated orange zest
- ½ teaspoon grated lemon zest
- 1 teaspoon vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups of strawberries, hulled and sliced
- 3 medium kiwi fruit, peeled and sliced
- 3 medium bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup of seedless grapes
- 2 cups of blueberries

### Directions

Combine all the ingredients in a large bowl and mix. Keep in the refrigerator for one week.



## Canada's Wonderland FUNNEL CAKE

A summer favourite! Just because Canada's Wonderland isn't open this year, doesn't mean we can still enjoy it's treats. Thanks to Kristel for finding this!

### **Step 1: STRAWBERRY SAUCE**

#### **Ingredients:**

- 250g Frozen Strawberries
- 1L + 30 ml water
- 100g strawberry jam
- 200g sugar
- 50g strawberry glaze (optional)
- 2 tsp strawberry extract
- 2 tbsp. red food coloring
- 56mg modified corn starch (clear gel)- {if not available can be replaced with corn starch; adjust amount as per packaging instructions for 30 ml of water}

#### **Directions:**

1. In a thick-bottom pot bring 1 L water to boil.
2. Add sugar, strawberry jam, strawberry glaze, red food coloring and bring to boil on medium heat.
3. Mix modified corn starch (Clear Gel) - (if not available can be replaced with corn starch) and mix with 30 ml water.
4. Pour modified corn starch mixture slowly into the boiling strawberry jam- strawberry glaze mixture while stirring.
5. Make sure no lumps in it. Bring to boil, add strawberry extract and mix. Turn off the heat.
6. Place frozen strawberries in a heat-proof container. Pour boiling mixture over the frozen strawberries and mix well.
7. Cover with a lid and place in a refrigerator until strawberries are thawed. Mix gently before you serve it with funnel cakes.

### **Step 2: FUNNEL CAKE**

#### **Ingredients:**

- 2 large eggs, room temperature
- 250ml 2% milk
- 250ml water
- ½ tsp vanilla extract
- 400g all-purpose flour
- 52g sugar
- 3 tsp baking powder
- ¼ tsp salt
- Oil for deep frying ( enough to cover funnel cake)
- Confectionery (icing) sugar
- Vanilla ice cream, for serving

### Directions:

1. In a bowl, mix all dry ingredients flour, sugar, baking powder and salt.
2. In a separate bowl, mix all wet ingredients eggs, milk, water and vanilla extract until well blended.
3. Slowly combine dry ingredients into wet until completely mixed and there are no lumps. Do not over mix and make sure mixture is smooth.
4. Pour mixture into a pitcher or squeeze bottle.
5. In a thick-bottom pot, heat oil to 375°F
6. Test oil by dropping a small spoonful of batter in oil. If it rises to surface quickly, oil is ready.
7. Hold the jug or squeeze bottle with the funnel cake mixture 3-4 inches above the oil (wear an oven mitt for safety).
8. Pour about 1 cup funnel cake mixture in a spiral motion.
9. With a slotted spoon carefully fry each side about 2 minutes until golden brown. (Be careful not to splash hot oil)
10. Remove funnel cake and drain excess oil on paper towels.



## Word Search - ELVIS

Find and circle all of the words, names, songs, and movies that have to do with Elvis.  
The remaining letters spell a line from an Elvis song.

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

AARON  
 ALL SHOOK UP  
 BLUE HAWAII  
 BURNING LOVE  
 CLAMBAKE  
 COLONEL PARKER  
 DON'T BE CRUEL  
 DRAFTED  
 G.I. BLUES  
 GIRL HAPPY  
 GLADYS

GOOD LUCK CHARM  
 GOSPEL  
 GRACELAND  
 GYRATING  
 HEARTBREAK HOTEL  
 HOUND DOG  
 IN THE GHETTO  
 JAILHOUSE ROCK  
 KENTUCKY RAIN  
 KING CREOLE  
 LISA MARIE

LITTLE SISTER  
 LOVE ME TENDER  
 MEMPHIS  
 ONE NIGHT  
 PRISCILLA  
 RCA  
 RETURN TO SENDER  
 ROCKABILLY  
 ROUSTABOUT  
 SHE'S NOT YOU

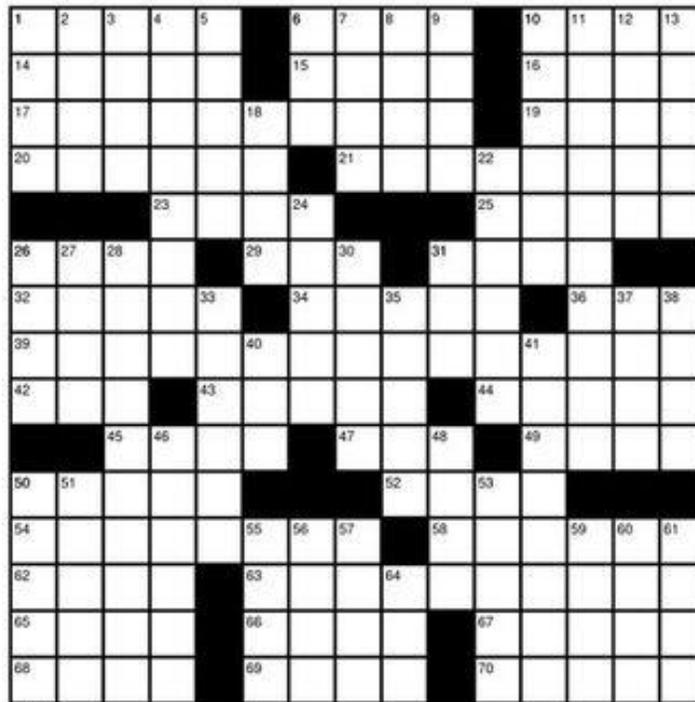
STUCK ON YOU  
 SUN RECORDS  
 SURRENDER  
 SUSPICIOUS MINDS  
 THE KING  
 TOO MUCH  
 TUPELO  
 U.S. ARMY  
 VERNON  
 VIVA LAS VEGAS

# Crossword Puzzle

## Precedents

### ACROSS

1. Emulates a bonfire
6. iPhone offering
10. Years in Brasil
14. Map detail
15. One may be dropped in a stable
16. Make manifest
17. Ex-governor host of TruTV's "Conspiracy Theory"
19. Art Deco designer
20. Emphatic refusal
21. Thin and rugged
23. Letters on a New Year's invite
25. Vegas naturals
26. Back-alley merchant's call
29. Paragon of pomposity
31. Subject of a "60 Minutes" spray expose
32. What you might put down once you've found a place to stay
34. "Centipede" company
36. Word with rat or report
39. Frequent part of a New Year's toast
42. Famously flamboyant pig puppet's favorite pronoun
43. Training locale for "Underwear Bomber" Abdulmutallab
44. "Monsters vs. Aliens" actor Zellweger
45. Dumbstruck
47. Short short time
49. Contents of many software boxes
50. Project Mercury missile



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52. Mr. Jones of the Monkees
  54. Deterrence
  58. Jam or kettle of fish
  62. It's propelled by a pole
  63. Melody frequently played in late December
  65. Riga resident
  66. Kind of box on a car
  67. Principle
  68. Canadian gas brand
  69. Days we'll never see again?
  70. \_\_\_ of one's own medicine
- DOWN**
1. Rembrandt van \_\_\_
  2. Count Basie's "\_\_\_'Clock Jump"
  3. Org.
  4. Fall back on
  5. Cat who is now named Yusuf Islam
  6. Back on board
  7. Dispense from a teapot
  8. Medic's start
  9. Potluck perennial
  10. Ring of color
  11. Place for Pan
  12. Like some horse feed
  13. Iditarod equipment
  18. Bygone Chevy with a much maligned name
  22. The Monkees' Micky Dolenz, according to song
  24. "Selah" site
  26. Brit's buggy
  27. One way to fly
  28. New Year's parties, e.g.
  30. Dirty dwellings
  31. Wall St. worker
  33. Least forward
  35. Pimpily
  37. Antiquing device
  38. Ulee's miners?
  40. Sesquipedalian treasure trove: abbr.
  41. Like Kalamazoo's New Year's ball
  46. "Shall we?"
  48. Crunch, for one
  50. iPhone offerer
  51. Levels
  53. OS recently (and thankfully) replaced by Windows 7
  55. Pop of rock
  56. Dunkable delight
  57. Approach
  59. Bingo relative at Vegas
  60. Canadian New Year's parties
  61. Sunrise direction, in Sonora
  64. "I heard him exclaim, \_\_\_ he drove out of sight...."

*See you soon!*

