

CHILLIWACK RESOURCE CENTRE



NEWSLETTER

December, 2011
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Chilliwack Resource Centre

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Unit #3

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604-702-9595

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Website:

www.cwkresourcecentre.com

Mon. to Thurs.

9:00am to 2:00pm

Reminder:

The volunteers at CRC will prepare your Income Tax Return(s) by donation.



FIVE HEALTHY FOODS YOU SHOULD EAT EVERYDAY

It's the new year and what better time to start eating healthy. The aim here is to focus less on the "bad" foods and aim to incorporate more of the good foods in your diet. Try these five nutritional foods for a result that's even greater than the sum of its whole parts.

Spinach: reduces the risk of osteoporosis, lowers cholesterol, been shown to prevent breast, stomach, skin and ovarian cancer, great source of vitamins C, A & K, is also a bone builder and has many other benefits.

Eggs: in the 90s, it was assumed that it contributed to high cholesterol. But the humble egg is finally being recognized for a remarkable set of nutrients it provides. This is because something that contains an entire life can give you fuel you need to get through a whole morning. Eggs are an excellent source of proteins which is essential for staying full and having energy.

Blueberries: this was recently found to be the number one source of anti-oxidants among 60 fruits and vegetables analyzed. They help prevent ulcers, cataracts & glaucoma; decrease risk of heart disease and various types of cancer; and lowers cholesterol. It can also reduce aging of the brain, keeping memory sharp and diminish the effects of dementia and Alzheimer's disease.

Apples: an apple a day can keep all kinds of doctors away. They contain soluble & insoluble fiber, which not only makes them filling but helps reduce cholesterol. Chewing an apple stimulates saliva, which scrubs stains off your teeth and freshens breath instantly.

Winter Squash: one cup of this provides 170% of your daily requirement of vitamin A. It is necessary for night vision, this is hard to find in other foods. Its bright orange color comes from a high dose of carotenoids and anti-oxidants that prevent eye degeneration due to aging and filters out carcinogenic light rays. Also helps prevent depression. They are also rich in magnesium which reduces risk of heart disease, abdominal obesity and diabetes

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Glory to God in the highest heaven,
Who unto man His Son hath given
While angels sing with tender mirth,
A glad new year to all the earth
~Martin Luther

Chilliwack Resource Centre

We provide confidential and individual attention in a supportive and friendly environment.

We believe in helping each individual access information and services they need to make their lives better.

Our office will re-open for services on 3rd January, 2012

Some of Our Services Available are:



Income Tax Preparation, Photocopying, Resumes



We meet today
To thank Thee
for the era done,
And Thee for
the opening one.

~John Greenleaf
Whittier



	Dec 13 - Jan 2 2012	Tour of lights Location: Chilliwack & area Contact: Joanne 604-792-0912 or email : joanner@telus.net View the many spectacularly decorated homes in the Chilliwack, Sardis, and Rosedale areas.
	1	
	13	Pacific All-Star Cheerleading Championships Location: Floor 1 & 2; Chilliwack Heritage Park Contact: Peter Parrotta 604-838-6860 Website: www.pacificallstarcheerleading.com
	20-21	Future West Promotions - Motorcycle Track racing Location: Cannor & Heppner Arenas; Chilliwack Heritage Park Contact: Jamie Hellam 604-794-3824
	27-29	Chilliwack Home, Leisure & Outdoor Expo 2012 Location: Floor 1 & 2 Contact: Doug Hope or Sue Miller 1-800-471-1112 Website: www.homeshowtime.com Time: Fri 4pm-9pm, Sat 10am-6pm & Sunday 10am-4pm. Admission \$5, children under 12 yrs FREE. Must be
	29	Investors Group Walk for Memories for the Alzheimer Society Location: Indoor, Landing Sports Center, Spadina Contact: Jillian Armit 604-702-4603 or email: jarmit@alzheimerbc.org Website: www.walkformemories.com

**Soup Kitchens
January 2012**

**Soup
Kitchens
Start at noon**



January 7

January 14

January 21

January 28

Christ Lutheran Church
9460 Charles Street

Cooke's Presbyterian Church
45825 Wellington Avenue

Chilliwack United Church
45835 Spadina Avenue

St. Thomas Anglican Church
46048 Gore Street

Balsamic-Roasted Baby Potatoes & Carrots



Baby red potatoes or white potatoes- 3 lbs, halved
 Baby-cut carrots- 1 lb peeled (or 4 medium cut diagonally in lumps)
 Onion- 1, thinly sliced.
 Garlic- 8 cloves, peeled & smashed.
 Balsamic vinegar- 1/3 cup.
 Butter- 1/4 cup, melted.
 Thyme- 8 sprigs fresh (or 1 tsp dried).
 Salt- 1 teaspoon.
 Pepper- 1/2 teaspoon, fresh, ground

1. Line a large rimmed baking sheet with heavy duty foil.
2. In a large bowl, mix all ingredients.
3. Place on baking dish in a single layer. Cover with foil.
4. Roast in a preheated 425F oven for 45 minutes, shaking the pan a few times.
5. Remove foil and roast, uncovered, for another 30 minutes, or until veggies are tender& golden.. Stir occasionally while roasting.

LEFT-OVERS POEM

Twas he night of Christmas, but I just couldn't sleep; I tried counting backwards, I tried counting sheep.

The leftover beckoned the dark meat and white, but I fought the temptation with all my might.

Tossing and turning with anticipation, the thought of a snack became infatuation.
 So I raced to the kitchen, flung open the door and gazed at the fridge, full of goodies galore.

I gobbled up turkey and buttered potatoes, pickles and carrots, beans and tomatoes.
 I felt myself swelling so plump and so round, till all of a sudden, I rose off the ground.
 I crashed through the ceiling, floating into the sky; With a mouthful of pudding and handful of pie.

But I managed to yell as I soared past the trees; Happy eating to all pass the cranberries, please!

I think in terms of the day's resolutions, not the year's.

~Henry Moore

Our Sponsors

The United Way of the Fraser Valley



Dowco Internet Services

Van City Credit Union

Coast Capital Savings

Fraser Health Authority

Chilliwack Foundation

Win Resources Inc

Valley Women's Network

The Chilliwack Lions Club

Thank You

Please donate blood to the Canadian Blood Services. Just one unit of blood can save up to three lives. Be an everyday hero and save a life today.

Local Meals

- ✧ **Ruth & Naomi's Ministries**
 Tuesday through Saturday - 6:30 to 9:00 pm 604-795-2322
 Sunday Only-6:00 pm to 7:00 pm
- ✧ **Salvation Army Soup Kitchen / Food Bank**
 45746 Yale Road, Chilliwack
 Monday to Friday 12:00 to 1:00 By appointment: 604-792-0001
- ✧ **Single Parents and Children Free Dinner** every 4th Monday
 St. John's Anglican Church
 46098 Higginson Road, Sardis
 Confirm attendance by the previous Friday, Call 604-858-2229

Local Thrift Stores

- ➔ **Salvation Army Thrift Store**
 45746 Yale Road 604-792-0001
- ➔ **MCC Thrift Store**
 45775 Kipp Avenue 604-792-3731
- ➔ **Mother Teresa's Place**
 8909 Mary Street 604-795-7110
- ➔ **Bibles for Missions Thrift Shop**
 9280 Nowell Street 604-858-9444
- ➔ **Chilliwack Hospital Auxiliary Thrift Shoppe**
 9236 Main Street 604-793-9222
- ➔ **The Chilliwack Lions Club Flea Market**
 46293 Yale Road 604-792-3483
- ➔ **Thrifty Boutique (Chilliwack Hospice Society)**
 260-45428 Luckakuck Way 604-846-2226

KIDS CORNER



Try and find these words in the puzzle. See if you can circle them all.

TONGUE TWISTERS

Dennis sees the fleece,
Denise sees the fleas.
At least Denise could
sneeze

Sheena leads, Sheila
needs

The thirty-three thieves
thought that they
thrilled the throne
throughout Thursday.

Can you can a can as a
canner can can a can?

Sixty sick hicks nick six
slick bricks with picks
and sticks..

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



CHILLIWACK LIBRARY

Hours of Operation:

Monday 10:00 to 9:00
 Tuesday 10:00 to 9:00
 Wednesday 10:00 to 9:00
 Thursday 10:00 to 9:00
 Friday 10:00 to 6:00
 Saturday 10:00 to 5:00
 Sunday 1:00 to 5:00

- | | | |
|-----------|---------------|-------------------|
| BREAK | FRIENDS | SKIING |
| BRIGHT | FROSTY | SLED |
| CELEBRATE | HOCKEY | SLEIGH RIDE |
| CHINESE | HOT COCOA | SNOWFLAKES |
| CLEAR | JANUARY | SNOWMEN |
| CLOUDY | NEW YEARS DAY | SNOWY |
| CURLING | PARTY | SUNSHINE |
| DINNER | RAINY | TRADITIONS |
| DULL | RESOLUTIONS | TWO THOUSAND NINE |
| FAMILY | SEASON | WEATHER |
| FIRST | SKATING | WINTER |