



Lacey Kaskamin: Halstead House
Jana Jones: Relief Worker

EMPLOYEE OF THE QUARTER
NAKITA NOLAN

Nakita has grown this quarter, building great relationships with her girls & A+ youth engagement!



Upcoming Events:

Discovery Saturday: Earth Day
Celebrate Earth Day at the Surrey Museum. Bring your old electronics to give to the recycling truck, and make eco-chic crafts from recycled and recyclable materials.
Saturday, April 20
1:00pm to 4:00pm
All ages, by donation

Get Ready to Rodeo
Saddle up for the Cloverdale Rodeo! Learn to lasso, make cow-folk crafts, play western games and then relax with a cool cup of lemonade.
Saturday, May 18
1:00pm to 4:00pm
All ages, by donation

Summer Carnival
Experience a fun and festive 1950s-style carnival, with vintage carnival games, popcorn, lemonade and cotton candy. @ SURREY Museum
Saturday, June 15
1:00pm to 4:00pm
All ages, by donation

Try
this!



Strawberry Spinach Salad:

- Ingredients:*
- 2 tablespoons sesame seeds
 - 1 tablespoon poppy seeds
 - 1/2 Cup white sugar
 - 1/2 cup olive oil
 - 1/4 cup distilled white vinegar
 - 1/4 tea spoon paprika
 - 1/4 teaspoon Worcestershire sauce
 - 1 tablespoon minced onion
 - 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
 - 1 quart strawberries - cleaned, hulled and sliced
 - 1/4 cup almonds, blanched and slivered

- Directions:*
1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
 2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes.



Although you can feel it getting warmer, spring is also the season with the most unpredictable weather. It has been known to be hot, cold, really windy and even very snowy in spring!





Things to do During Spring!

- ◆ Plant some Roses.
- ◆ Create a vegetable garden
- ◆ Play a game of Baseball
- ◆ Explore some local wooded trails
- ◆ Go hiking in the mountains
- ◆ Get into running regularly
- ◆ Read a book outside

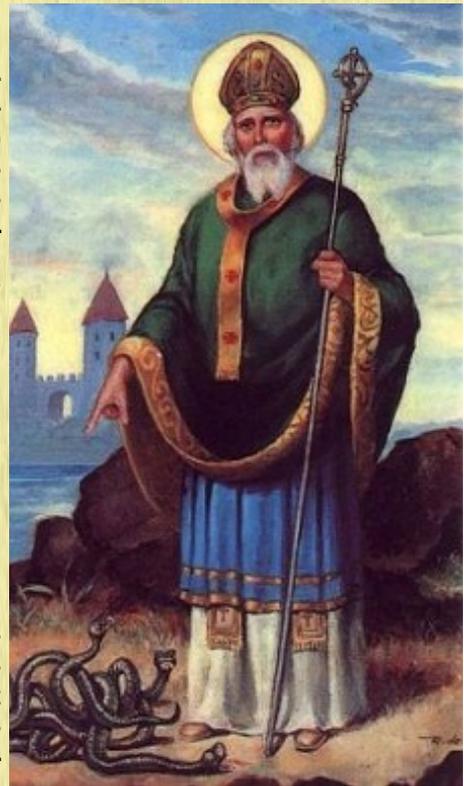
Saint Patrick Facts!

Saint Patrick is the patron saint and national apostle of Ireland. St Patrick is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works; the *Confessio*, a spiritual autobiography, and his *Epistola*, a denunciation of British mistreatment of Irish Christians. Saint Patrick described himself as a "most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God."

'Why is the Shamrock the National Flower of Ireland ?' The reason is that St. Patrick used it to explain the Holy Trinity to the pagans. Saint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.

Saint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been - the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice.

There are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on March 17, 460 A.D. His jawbone was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the "evil eye." Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin.



SIMPLE WAYS TO LIVE A HEALTHY LIFESTYLE

You hear a lot about living a healthy lifestyle, but what does that mean? In general, a healthy person doesn't smoke, is at a healthy weight, eats healthy and exercises. Sounds simple, doesn't it?

The trick to healthy living is making small changes...taking more steps, adding fruit to your cereal, having an extra glass of water...these are just a few ways you can start living healthy without drastic changes.

One of the biggest problems in America today is lack of activity. We know it's good for us but avoid it like the plague either because we're used to being sedentary or afraid that exercise has to be vigorous to be worth our time. The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.



Just adding a little movement to your life can:

- ⇒ Reduce the risk of heart disease, stroke
- ⇒ Improve joint stability
- ⇒ Increase and improve range of movement
- ⇒ Help maintain flexibility as you age
- ⇒ Maintain bone mass
- ⇒ Prevent osteoporosis and fractures
- ⇒ Improve mood reduce anxiety
- ⇒ Enhance self esteem
- ⇒ Improve memory in elderly people
- ⇒ Reduce stress

So, even if you opt for small changes and a more modest weight loss, you can see the benefits are still pretty good. One study has found that just a 10% weight reduction helped obese patients reduce blood pressure, cholesterol and increase longevity.

SIMPLE WAYS TO MOVE YOUR BODY

You can start the process of weight loss now by adding a little more activity to your life. Every little bit counts and it all adds up to burning more calories.

> Turn off the TV. Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.

> Walk more. Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.

> Do some chores. Shoveling snow, working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be 'vigorous' exercise, but they can keep you moving while getting your house in order.

> Pace while you talk. When you're on the phone, pace around or even do some cleaning while gabbing. This is a great way to stay moving while doing something you enjoy.

> Be aware. Make a list of all the physical activities you do on a typical day. If you find that the bulk of your time is spent sitting, make another list of all the ways you could move more--getting up each hour to stretch or walk, walk the stairs at work, etc.





EATING WELL

Eating a healthy diet is another part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older.

You can use the new MyPlate to determine how many calories you need and what food groups you should focus on or, if you're looking for smaller changes, you can use these tips for simple

ways to change how you eat:

Eat more fruit. Add it to your cereal, your salads or even your dinners.

Sneak in more veggies. Add them wherever you can--a tomato on your sandwich, peppers on your pizza, or extra veggies in your pasta sauce. Keep pre-cut or canned/frozen veggies ready for quick snacks.

Switch your salad dressing. If you eat full-fat dressing, switch to something lighter and you'll automatically eat less calories.

Eat low-fat or fat-free dairy. Switching to skim milk or fat free yogurt is another simple way to eat less calories without having to change too much in your diet.

Make some substitutes. Look through your cabinets or fridge and pick 3 foods you eat every day.

Write down the nutritional content and, the next time you're at the store, find lower-calorie substitutes for just those 3 items.



Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can to be healthy today.

HEALTHY GROCERY/EATING PLAN

A shopping list can simply include fresh foods and ready-to-eat snacks, along with the additional ingredients you'll need for upcoming meals. Some foods will need to be replenished every few days and others might last for months. You can make your list just a few minutes before you go shopping, but I prefer to keep a pre-printed grocery list in my kitchen. That way, whenever I run out of something I can mark off how much of that food I need, and when I'm ready to go shopping, so is my list.

What foods go on the list? Vegetables and fruits should make up the largest part of your grocery list. They're rich in vitamins, minerals, fiber, and antioxidants, and they are usually low in calories. We all need at least five or more servings every day. Choose a variety of green, orange, red, and yellow fruits and vegetables that everyone in your family will enjoy.

Most of your grain and cereal products should be made from whole grains, not from refined flours. Whole grains are important for vitamins, minerals, and for fiber, which is often lacking in modern diets. This part of your list includes 100-percent whole grain breads, pastas, and breakfast cereals. Read labels to look for 100-percent whole grain or 100-percent whole wheat to be sure you are getting whole grain products.

Your protein and meat choices should consist mostly of fresh fish, poultry and lean meats. Eggs, nuts, seeds and legumes are also good protein choices. Choose fresh and frozen unbreaded meats and fish. Avoid breaded, deep-fried convenience foods that you put in the oven.





Keep beverages simple. Water, low-fat milk, juices and herbal teas are all good choices. If you opt for soft drinks, choose diet soft drinks to avoid extra sugar. Dairy products should include low-fat milk, yogurt and cheese.

Be careful with dressings, cooking oils and condiments. They are sneaky sources of refined sugar

and poor quality oils. Read labels to choose dressings made with olive oil, canola oil or walnut oil. Choose low-fat mayonnaise for your sandwiches and choose canola oil and olive oil for cooking.

Frozen foods are a convenient way to keep vegetables on hand. There are also prepared meals that you can pop into the microwave or oven. These can be convenient and healthy if you choose low-fat versions with good portion sizes. Read labels and choose frozen foods wisely. Avoid frozen pizzas, pocket-sandwiches, deep-fried appetizers, and breaded foods.

Foods in cans and jars are also very convenient. Look for low-sodium soups, vegetables and sauces. Avoid high-fat gravies and high-calorie foods like canned spaghetti and ravioli products. For sandwiches, choose peanut butter or other nut butters, low-fat turkey slices or sliced roast beef.

Avoid processed lunch meats, sausages and hot dogs.

Don't load up on high-calorie treats and desserts. Choose fresh fruits, healthy nuts, seeds and whole grain crackers for snacks.

Check out tips for saving money on groceries and for keeping your diet green and sustainable. If you don't need to buy groceries for a large family, there's ideas for meals for one or two people.

MEAL PLANNING AND COOKING: GROCERY SHOPPING TIPS

Start with a list. Think about the meals you want to prepare for the next few days, then look around your kitchen to see what you have on hand. Write down all the foods and ingredients you'll need. You can make it even easier by printing out a grocery list. Keep the list in your kitchen and whenever you run out of an ingredient, you can make note of it.

You can follow a few shopping strategies at the grocery store. Stay on the perimeter -- the most nutritious foods (fresh produce, seafood, meats and dairy products) tend to be placed around the edges. The heavily processed foods that are higher in fats, sugar and sodium are usually in the middle aisles.

Choose fresh fruits and vegetables that are firm, ripe and unblemished. Watch out for mold, especially on berries and produce packed tightly together in small boxes. Buy only the amount of produce you need for a few days so your fruits and vegetables don't spoil in your refrigerator. Buy frozen fruits and vegetables if you need to store them longer.

Look for good quality meat, seafood and poultry. Color is not the best indicator of freshness, so follow your nose. Meats and seafood should smell fresh and clean. The flesh should be firm, and not sticky or slimy. Take a few clear plastic bags from the produce department to the meat department. Raw meat should already be wrapped securely, but why take a chance on leakage? Put each selection into its own bag to be sure there will be no cross-contamination of raw meat juices onto the rest of your grocery items.

