

# ROSSLAND RIDGE REVIEW

*January*

2021

# Rossland Ridge Review Editorial Policy

- I. All submissions to the newsletter must be signed by the writer when submitted but do not necessarily have to be published in the newsletter
- II. Opinions expressed in the newsletter reflect the point of view of the writer only and do not necessarily represent the opinion of the newsletter committee or Rossland Ridge Cooperative Homes Inc.
- III. Submissions will not be published which are critical of individual Cooperative members or staff, libellous, racist, sexist or discriminatory.
- IV. The editor reserves the right to copy, edit submissions for length, spelling and grammar. Where substantial changes are proposed, the editor shall seek the permission of the writer. The newsletter committee shall not be required to print unedited material.
- V. The newsletter will not accept paid advertising.
- VI. All material submitted to the newsletter committee becomes the property of the newsletter committee with the exception of photographs.

For more information and inquiries about submission to the Rossland Ridge Review, please contact Sarah in Unit 18

# ROSSLAND RIDGE BOARD OF DIRECTORS



## **HAPPY NEW YEAR TO ALL OF OUR FRIENDS AND NEIGHBOURS AT ROSSLAND RIDGE!**

Hello everyone, welcome to a New Year. We hope everyone has found some joy throughout this holiday season.

We are excited to start the new year with a ton of fresh ideas to improve our community with the new board elected. We would like to thank you all for coming out during the most difficult year of holidays to vote and elect us as your new representatives.

We are a group of 8 individuals that have come together with a variety of skills and backgrounds, and are working on how we can best utilize all of our skills, and the members skills, to improve our community.

We have been working nonstop over the last two weeks to learn our by-laws and have made "To Do Lists" for each of us as we move forward into the new year.

We are asking that you all please help us, by first reading and learning Rossland Ridge's by-laws . Updating the bylaw books has been our first large task that we have been able to move forward with. It did not require us to wait until Jan 4 when the holiday season was officially over! We will get to your bylaw book soon!

As a board we would like to be as transparent as possible with all of our members. We are excited about working on improving our communication with our members. We are looking into creating a convenient way for our members to reach us, we understand that it is a lot of email addresses to type in. In the meantime, any of you are welcome to reach out to any one of our directors and we will share with the others.

We wish every one of you lots of love, laughter and community in 2021!

# WE ARE DIGITAL!

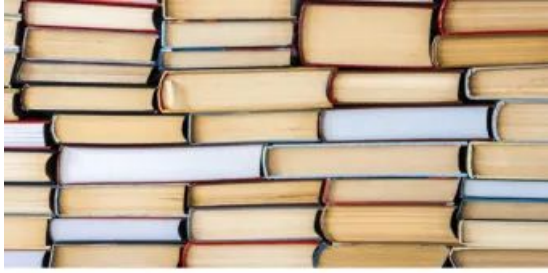
The newsletter is finally available online! There will be a handful of copies of the newsletter in the lobby for those who wish to still have a hard copy. Submissions for the newsletter for the following month are to be emailed to [sarahrmg.sg@gmail.com](mailto:sarahrmg.sg@gmail.com) before the last week of the month!

This is the link to view the newsletter:

<http://www.rosslandridge.org/newsletter/>

Simply type the link into your browser and it will take you to where you can view the newsletter. If you need help, don't hesitate to ask :)

Stuck inside this winter? Why not brush up on your reading! Here is winter reading challenge for those boring lockdown days!



- 2020 Bestseller
- Reread a favorite book
- Debut author
- Borrowed from a friend
- Next book in a series
- YA book by author of color
- A love story
- More than 400 pages
- Favorite book to movie
- Recommended by family
- Based on a true story
- A book with 2 authors
- A childhood favorite
- A book everyone is talking about
- Genre you don't usually read
- Goodreads 2020 winner
- Book less than 200 pages
- A book on a controversial topic
- Book to a moving in 2021
- Celebrity memoir
- Book by an indie author
- An audiobook
- Famous author you've never read
- Book you own but haven't read
- Book you saw someone reading
- Published in 1980's



*Pretty Mess Reading*

UNAPOLOGETIC, UNFILTERED, HONEST

# Creamy Vegetable Soup

This Creamy Vegetable Soup is a cozy, comforting vegan recipe that's gluten-free, easy-to-make & loaded with veggies- great for lunch or as a dinner starter

CourseSoup

CuisineAmerican

Prep Time10 minutes

Cook Time30 minutes

Total Time40 minutes

Servings6 servings

Calories267kcal

Author[Yumna Jawad](#)

## Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 medium onion diced
- 2 celery stalks sliced
- 2 large carrots sliced
- Salt and pepper to taste
- 4 yukon potatoes diced (3-4 cups chopped)
- 1 teaspoon dried thyme
- 2 garlic cloves minced
- 3 cups low-sodium vegetable broth
- 2 cups peas frozen
- 2 cups corn frozen
- 2 cups plant-based milk
- Fresh parsley for serving

## Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onions, celery and carrots to the pot. Season with salt and pepper. Cook, stirring occasionally until vegetables start to soften, about 5 minutes.
2. Stir in the chopped potatoes, thyme and garlic and cook until fragrant, about 1 minute. Add the vegetable broth. Bring mixture to a boil, then simmer until the vegetables soften, about 20 minutes.
3. Use an immersion blender to lightly blend the soup so it's thicker but still chunky. You can remove some of the vegetables aside to stir back in if you prefer to have more whole vegetables.
4. Stir in the peas, corn and milk, and simmer until the vegetables are warmed through and soup has thickened, about 5 minutes.

5. Serve with fresh parsley and crusty bread, if desired.

## Notes

**Storage:** Store any leftovers in an airtight container. They will last about 4 days in the fridge and reheat really well.

**Substitutes:** For best results, follow the recipe as is. However here are some common substitutes that would work well in this recipe.

- *Instead of oat milk*, you can use regular milk
- *Instead of potatoes*, you can use squash or zucchini or cauliflower

**Equipment:** I love using my [Cuisinart Smart Stick](#) hand blender for blending soups. It's quick and easy and gets me the perfect consistency, without any chunks of vegetables leftover. And it's easier to transferring the soup in batches to a blender.

**Nutritional Data:** The information below is an automated estimate for the chicken tenders. It could vary based on cooking methods and ingredients used.

## Nutrition

Calories: 267kcal | Carbohydrates: 38g | Protein: 11g | Fat: 10g | Saturated Fat: 1g | Sodium: 184mg | Potassium: 926mg | Fiber: 8g | Sugar: 7g | Vitamin A: 3971IU | Vitamin C: 38mg | Calcium: 174mg | Iron: 5mg