

ROSSLAND RIDGE REVIEW



January

2022

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 Submissions will not be published which are critical of individual Cooperative members or staff, libellous, racist, sexist or discriminatory.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

WE ARE DIGITAL!

The newsletter is finally available online!

Submissions for the newsletter for the following month are to be emailed to

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.


The newsletter will also be posted on our co-op Facebook page. Search “Rossland Ridge Co-operative” on Facebook to join. If you need help, don’t hesitate to ask :)

To protect the members privacy, the phone and birthday list will not be included in the digital newsletter. If you require an updated phone list, please contact Shirley Smith in apartment 207.

Heads up!

Just a reminder that there is a new board of directors! A notice was put in everyone's mailbox a few weeks ago with the updated names and contacts. The info can also be viewed on our Rossland Ridge Facebook page and in the lobby of the apartments.

There have also been coyote sightings around the Co-op. A notice was sent around to everyone's mailbox about what to do if a coyote is

spotted.  Report wildlife and coyote sightings online to Service Oshawa: online service.oshawa.ca, email service@oshawa.ca, phone 905-436-3311

What do I do if I encounter a coyote?

- If you feel your safety is imminently threatened, call 9-1-1.
- Stop and pick up small children and pets.
- Slowly back away keeping an eye on the animal. Never run from or turn your back on a coyote.
- Be big, loud and assertive! Yell "Go away!"
- Wave your arms above your head.
- Use aversion techniques such as shaking car keys, snapping a large air-filled garbage bag, popping open an umbrella, throwing an object in the direction of, but not directly at, the coyote.





January Events!

All month long: Tamil Heritage Month

January 1st: New Year's Day

*January 17th: Schools return to in-person
learning*

Winter Activities During Lock Down

Although the Province has closed indoor recreational activities for the time being, there are lots of outdoor winter fun to participate in.

The City of Oshawa has opened up an outdoor ice rink at the DelPark Homes Centre. It's open daily from 9:00am to 5:00pm, weather permitting. There are other outdoor rinks slowly opening up in Durham region as well.



Durham is home to a lot of wonderful conservation areas that have beautiful trails for a nice nature walk. Heber Downs in Whitby, Lynde Shores in Whitby and Harmony Valley Conservation area in Oshawa are a few to take a stroll.



Creamy Chicken Noodle Soup A hearty and comforting creamy chicken noodle soup

that'll keep you cozy all night long. This soup is so easy to put together and is always a big hit with the family.

Easy comfort food for any day of the week! **Servings:** 5 **Prep:** 30 minutes **Cook:** 25 minutes **Ready in:** 55



● **Ingredients**

- 2 cups dry medium egg noodles
- 1 lb boneless skinless chicken breasts*
- 1 1/2 Tbsp olive oil
- 1 1/2 cups chopped yellow onion (1 medium)
- 1 1/3 cups chopped carrots (3 carrots)
- 1 1/3 cups chopped celery (3 stalks)
- 3 cloves garlic , minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 3 Tbsp chopped fresh parsley
- 2 bay leaves
- Salt and freshly ground black pepper , to taste
- 1/4 cup butter
- 1/4 cup + 2 Tbsp all-purpose flour
- 2 1/2 cups milk (I used 1%)
- 1/3 cup heavy cream

● **Instructions**

- Prepare noodles according to directions listed on package (note that you want the noodles to finish about the same time the soup is nearly finished cooking) and drain.
- In a large pot, heat 1 1/2 Tbsp olive oil over medium heat. Add onion, carrot and celery and saute until tender, about 3 - 4 minutes, then add garlic and saute 1 minute longer.
- Add chicken broth, parsley, bay leaves and season with salt and pepper to taste. Add chicken breasts and bring soup to a boil over medium-high heat.
- Reduce heat to medium, cover with lid and allow soup to cook until chicken has cooked through, about 10 - 15 minutes longer (cook time will vary depending on thickness of chicken breasts). Remove chicken and allow to rest for 5 minutes, then shred into small bite size pieces.
- Melt butter in a medium saucepan over medium heat, add flour and cook, stirring constantly, 1 1/2 minutes. While whisking slowly add in milk and whisk vigorously to smooth lumps (it will take a lot of whisking to smooth since this is a lighter roux - lesser ratio of butter to flour).
- Whisk in cream and bring mixture to a boil, stirring constantly. Pour milk mixture into soup mixture and return chicken to soup along with cooked noodles and stir. Serve warm with fresh bread or crackers if desired.
- *If using thicker breasts, slice in half through thickness of breasts so they cook faster and more evenly

