



Our Space Youth Centers in Greenstone

The Greenstone Family Health Team is proud to be a part of the Our Space Youth Centers (OSYC) of Greenstone. The goal of the OSYC is for our youth to have fun and be with friends while learning valuable life skills in a safe and fun environment through community-based sport, culture and recreational activities.

Things are in full swing with planning and implementation of activities in each ward. Each ward has its own strengths and OSYC is either complimenting what is already happening in each community or reviving recreation/activities in others. So far, the turnout for events planned has been great with participation from all.

OSYC had their first youth event in Nakina during the month of February by offering an open gym night. The turnout was tremendous with more planned!! Geraldton had their first event by putting on a Valentine's Day youth dance. Plenty of dancing and fun was had by all who attended. Another awesome event is being planned near the end of March. Keep an eye for announcements of upcoming events in your community.

Right now, monthly recreation meetings are being held in each ward with people who are interested in making a difference in the lives of youth. At these meetings, input, ideas and planning for activities take place. OSYC activities are intended to be very low-cost or free for participants therefore volunteers are very important part of what is going to make OSYC a successful endeavour. All ward committees are open for new members and volunteers. If you have any questions, ideas, or would like to find out how you can become involved, please call Youth Center Co-ordinator, Tracy Nadon-Kindla at 854-1100 ext. 2011.



The next meeting of the Geraldton OSYC is scheduled for **Monday, March 9 at 7:00 pm in the Senior's Room at the Arena.**

Everyone is welcome to attend. If you are a youth looking to complete your volunteer hours for school, the Our Space Youth Centers have a variety of opportunities available in communities throughout Greenstone.



Photo Credit - Lisa Taylor Photography

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Tortilla Chicken Crockpot Stew *(Makes approximately 7 servings)*

Ingredients:

- 1.5 lb of raw chicken breasts
- 1 lb (454g) frozen corn, thawed
- 3 corn tortillas, shredded by hand
- 1 (12 oz.) jar salsa of your choice
- 1 lb bag of frozen, mixed bell peppers
- black olives and sour cream for garnish

Directions:

1. Place the chicken in the crockpot insert, and pour everything else over it.
2. Place insert in your crockpot and cook on low for 8 -10 hours. (The tortillas will not look very pretty after cooking, but they do add a nice flavor.)
3. When cooking is finished, simply use a wooden spoon to stir everything up and break apart the chicken.
4. Serve garnished with some sliced black olives and/or a spoonful of sour cream.

Adapted from: <http://www.thegraciouspantry.com/clean-eating-tortilla-chicken-stew/>

Starting an Inexpensive Vegetable Garden

Starting your own garden is not only a great way to relieve stress and increase your level of physical activity, it is also an cost-effective way to feed yourself and your community. Vegetable plants can be a bit pricey if you purchase them individually, so here are some great tips to start a vegetable garden inexpensively.

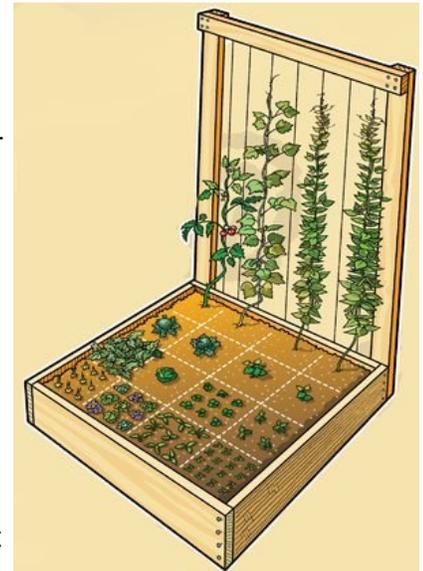
To start a vegetable garden you will need quality plants or seeds and great potting soil. Even if you are in an area where you can garden directly into the ground, you will probably need to enhance the soil to give the plants all the nutrients they might need. If you will be gardening in containers or a raised bed, you will need a good potting soil mix. Research online, or talk to staff at your local garden centre about the growing conditions in your area.

When thinking about what you want to plant in your garden, a good guideline is to plant 80% of what you normally eat on a daily basis and 20% of veggies you would like to try. You can buy plants that are ready to be transplanted into your garden once all dangers of frost have passed. Better yet, you can get a head start and start seeds indoors or sow them directly into the garden once it has warmed up.

The most cost-effective way to garden is always going to be buy purchasing seed packets and growing them yourself. Vegetable seed packets are less than \$2 each and tends to have 10-50 seeds per packet. One of the best things about gardening with seeds is that you can try different varieties of the same vegetable and see which one you like better. If you are a fan of tomatoes, you can try five different kinds of seeds and have spent less than \$10 for over 250 seeds – that becomes a lot of tomatoes growing in your yard!

If you want to use starter plants you find in the nursery, the best way to go is to look for those that are in 4- or 6-packs. These are usually \$1-2 per 6-pack making each plant less than \$0.50. One thing to remember is that if you plant 6 squash plants you will have more squash than you will know what to do with and will be able to give some to every neighbor you know! Whereas a 6-pack of spinach will give you enough new leaves to eat a salad a few times a week. Make sure you know the yield of the plant before you plant more than one or two!

Only buy 1-2 single plants that are \$2-10 if it is something that will either yield a lot of vegetables or is not your favorite vegetable. This can either be an artichoke plant in a gallon container or a rare variety of basil that is already 10" tall. Don't impulse buy on these individual plants or your will blow your vegetable garden budget before you know it!



This garden is filled with easy-to-grow veggies.

tomato	cucumber	pole beans	pole beans
broccoli	broccoli	pepper	pepper
beets	cabbage	spinach	parsley
onions	leaf lettuce	carrots	radishes

See Page 4 to learn how to make a box garden of your own!



Welcome to the Team!

The Greenstone Family Health Team is happy to welcome two new members to the team. Andrée Perrier and Sandy Tardif have recently been hired as Registered Nurses and we are thrilled to have them on board.

Andrée graduated with a Nursing degree from Lakehead University in 2007. She worked as a medical cancer nurse at the TBRHSC for one year then moved to Geraldton to work at the Geraldton District Hospital. She has a variety of nursing experience including emergency care, cancer care, teaching and administration. Andrée loves the North and decided to pursue the Master of Public Health Program with the Primary Health Care Nurse Practitioner Certificate from Lakehead University. She expects to graduate this fall. Andrée spends her time off fishing and spending time with her family.

We'd like to tell you more about Sandy but her bio had not been submitted by the time of printing. She's quite nice, though - come in and see for yourself!

Spring Cleaning Checklist

A ROOM-BY-ROOM BREAKDOWN FOR SEASONAL CLEANING. YOU CAN DO AS MUCH - OR AS LITTLE - AS TIME PERMITS.

	<h3>Every Room</h3>		<h3>Bathroom</h3>
	<input type="checkbox"/> DUST CEILING FANS, ARTWORK, KNICK KNACKS, AND VENTS.		<input type="checkbox"/> MAIN SCRUB TOILETS, SINKS AND SHOWER. WIPE DOWN ALL FIXTURES. (BABY OIL WORKS WELL ON CHROME!)
	<input type="checkbox"/> WINDOWS & WINDOW SCREENS CLEAN WINDOW TREATMENTS ACCORDING TO TYPE & MANUFACTURER INSTRUCTIONS.		<input type="checkbox"/> CABINETS DUST CABINETS; GO THROUGH DRAWERS & MEDICINE CABINETS TO DÉJUNK AND REORGANIZE.
	<input type="checkbox"/> CLEAN BASEBOARDS USE WARM, SOAPY WATER. (YOU MAY NEED TO VACUUM THEM FIRST.) WIPE DOWN WALLS TO REMOVE DIRT AND FINGERPRINTS.		<input type="checkbox"/> MIRRORS CLEAN MIRRORS. (I LIKE TO USE A VINEGAR-BASED CLEANSER AND NEWSPAPERS.)
	<input type="checkbox"/> FURNITURE DUST, & POLISH W/ APPROPRIATE POLISHING AGENT. VACUUM UPHOLSTERED FURNITURE AND LAUNDRER CUSHIONS IF NECESSARY. CAREFULLY SPOT CLEAN LEATHER FURNITURE WITH A DAMP WASHCLOTH IF NEEDED.		<input type="checkbox"/> TRASH EMPTY AND CLEAN TRASH CANS.
	<input type="checkbox"/> RUGS & CARPETS VACUUM, SHAMPOO RUGS & CARPET. SWEEP & MOP FLOORS WITH CLEANSER APPROPRIATE FOR YOUR SPECIFIC TYPE OF FLOORING.		<input type="checkbox"/> SHOWER INSPECT SHOWER LINER AND REPLACE IF NECESSARY.
	<h3>Kitchen</h3>		<h3>Bedroom</h3>
	<input type="checkbox"/> OVEN CLEAN OVEN ACCORDING TO MANUFACTURER'S RECOMMENDATIONS.		<input type="checkbox"/> BED REMOVE AND LAUNDRER BEDDING. VACUUM AND FLIP MATTRESS, ACCORDING TO MANUFACTURER INSTRUCTIONS.
	<input type="checkbox"/> REFRIGERATOR UNPLUG REFRIGERATOR AND DUST THE COILS. REMOVE CONTENTS OF REFRIGERATOR AND FREEZER. DISCARD ANY ROTTEN OR UNUSABLE FOOD. WIPE DOWN AND CLEAN ALL SHELVING.		<input type="checkbox"/> CLOSET SWITCH OUT COLD-WEATHER CLOTHING FOR WARM-WEATHER CLOTHING. DONATE ANY UNWANTED ITEMS TO A THRIFT STORE.
	<input type="checkbox"/> APPLIANCES CLEAN MICROWAVE. WIPE DOWN SMALL APPLIANCES SUCH AS TOASTER, BLENDER AND SLOW COOKER.		<h3>Office</h3>
	<input type="checkbox"/> DISHWASHER RUN DISHWASHER EMPTY, W/ A DISHWASHER-SPECIFIC CLEANSER SUCH AS FINISH.		<input type="checkbox"/> DESK ORGANIZE PAPERS AND DE-CLUTTER DRAWERS.
	<input type="checkbox"/> COUNTERTOPS & CABINETS WIPE DOWN COUNTERTOPS AND CABINETS WITH DAMP WASHCLOTH. CLEAN INSIDE DRAWERS. SCRUB SINK.		<input type="checkbox"/> BOOKS DUST BOOKS ON BOOKSHELVES.
	<input type="checkbox"/> PANTRY ORGANIZE FOOD IN PANTRY, DISCARDING OUTDATED ITEMS, AND WIPE OFF SHELVING.		<input type="checkbox"/> COMPUTER DUST COMPUTER KEYBOARD AND SCREEN WITH A MICROFIBER CLOTH.

How to Build the Garden Box pictured on page 2:

What makes this compact garden so productive is that you will be placing plants close together in squares instead of traditional rows. You can continue to plant as you harvest.

To Make This Box You Will Need:

four 4-foot 2X10's one 4-foot 2X4
6d and 8d galvanized nails two 6-foot 2X4's
seven 7-foot pieces of 12-gauge galvanized wire
1/2 cubic yard or 14 cubic feet of good garden soil

Frame

1. Using the 2X10's and 16d nails, hammer together a 4-foot square.

Trellis

2. Nail the 6-foot 2X4's to the back of the frame.
3. Nail the 4-foot 2X4 across the back of the uprights.
4. Attach the 7 wires on the back of the trellis by wrapping wires around nails.

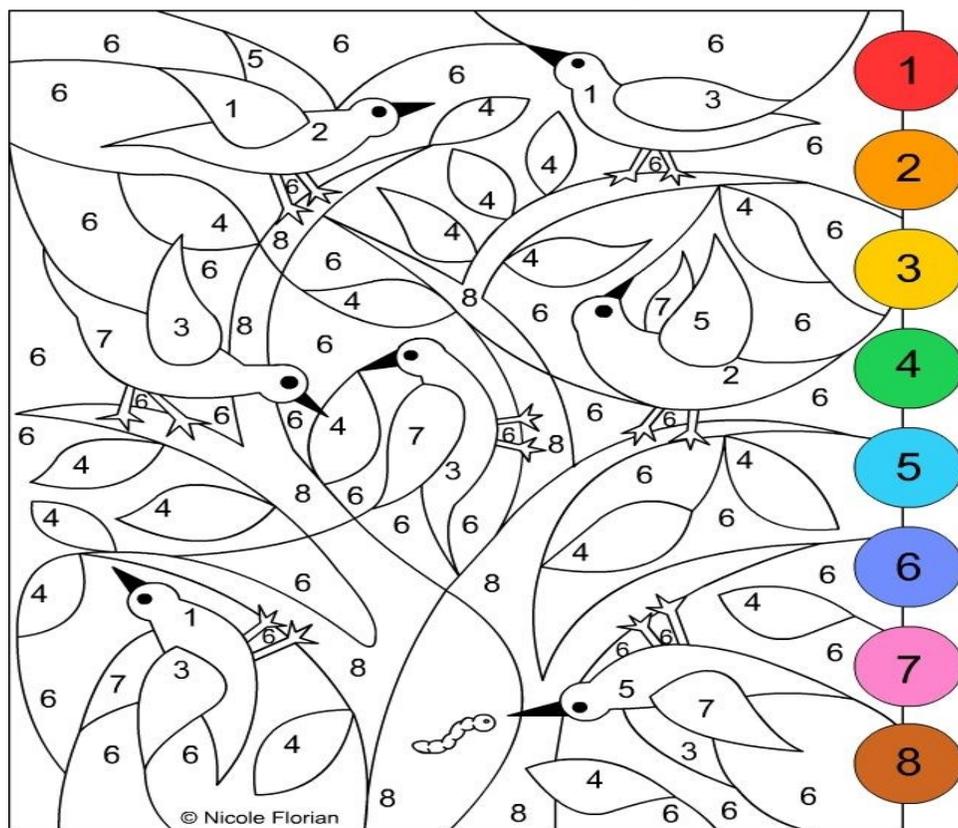
Planting

Fill the frame with good garden soil. Divide it into 16 squares. The smaller the mature plant will be, the more plants you can place in each square.

Helpful Hint - Nail 5/8-inch or heavier exterior plywood to the bottom of the frame and lift the frame to table height by placing it on sturdy saw horses or legs. Once filled with soil, it will be easily accessible to a person in a wheelchair or someone who is more comfortable sitting than kneeling.

<http://boyslife.org/hobbies-projects/funstuff/7222/plant-a-compact-vegetable-garden/>

Kid's Corner - Colour by Number!



Greenstone Family Health Team

Contact Us

Learn more about our services and programs!

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