

# Southridge Wednesday

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12-13  
No. 12

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November 21<sup>st</sup>, 2012

## Head of School

### True Colours a True Success

What a great night! On behalf of the entire Southridge community, I would like to thank everyone who attended our annual gala event on Saturday night. Our True Colours theme was a fabulous one. A special and big thank you goes out to our gala co-chairs, parents Karen Dosanjh and Krinder Rai. They were a wonderful team and put together a very successful event. I'd also like to thank parents Jennifer Smith and Alex Toporowski who put in countless hours for the kids art auction. To Kim Markey, thank you for working so diligently behind the scenes, and to Mike Wong thank you for your help with the logistics and set-up.

As our website described, this year's gala event was designed to let our unique spirits and individuality soar. Whether you decided to show your true colours by wearing your most vivid apparel, your cultural or traditional dress, your favourite fashions, or whatever else you felt best represented who you are, this year's gala was a terrific opportunity to showcase and celebrate our dynamic and diverse school community.

The proceeds from our gala evenings over the past seventeen years have provided our teachers and students with valuable equipment, outstanding learning resources and wonderful educational opportunities. Together, these have helped enable us to provide an excellent education for our current students as well as the many alumni who have graduated from Southridge. Contribution is at the heart of what we inherit and what we pass on. Your stewardship in helping to create a school environment that is beneficial for the students who are here now and for those who are still to come is greatly appreciated.

Whether you came to the gala as a parent, a teacher, or a special guest, I would like to thank you for supporting the Southridge community. I would also like to thank all of those businesses and individuals who supported the gala through their generous donations and sponsorships. Finally, all of the members of the Gala Committee deserve a special acknowledgement for their dedication and attention to detail as they worked with one another to help everyone's True Colours shine.

### Congratulations to Ms. Middelaer

On Tuesday afternoon, Ms. Middelaer received special notification from the Governor General of Canada, his Excellency the Right Honourable David Johnston, letting her know that she has been named a recipient of the Diamond Jubilee Medal. This new medal was created to mark the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada. Recipients of the Diamond Jubilee Medal are recognized for their "significant contribution to a particular province, territory, region or community within Canada, or an achievement abroad that brings credit to Canada." Congratulations, Ms. Middelaer!

Have a wonderful week!

Mr. Drew Stephens  
Head of School

<b>Important Dates</b>			
MYP Musical Field Trip	Thursday, Nov 22 <sup>nd</sup>	Pacific Academy	
Grade 6 & 7 Dance	Friday, Nov 23 <sup>rd</sup>	Junior School Gym	7:00 - 10:00 PM
Wizard of Oz – Senior School Play	Tuesday, Nov 27 <sup>th</sup>	Little Theatre	6:00 PM
Prospective Parents Night	Thursday, Nov 29 <sup>th</sup>	Junior School Great Hall	7:00 - 8:30 PM
Casual Day	Friday, Nov 30 <sup>th</sup>	Both Schools	

## **Board of Governors**

As most of you are aware, the AGM is the start of the school year from a Governance perspective and there are some changes in personnel to report.

The terms of three governors of the Board expired before the commencement of the meeting, those being Kim Markey, Elizabeth Laird and Wayne Peace. They were subsequently re-elected by acclamation to three-year terms and Dr. Rod French was elected to his first term as a Governor.

I'd like to thank the three returning Governors for their continuing commitment to the school and welcome Dr. French to the Board.

Unfortunately, we also had to say good-bye and thank you to a long-standing member. Rob Martin retired from the Board after seven years of service. Rob was a former Board Chair and gave generously of his time and talent to the school.

The AGM also marked the end of my three-year term as Board Chair. It has been a privilege to serve the school in this way and to work with such an amazing and dedicated group of people who care so deeply about Southridge and its future. Thank you for the opportunity.

As past Chair, it is my pleasure to introduce Doug Wilson as the new Chair of the Board of Governors. I'm very grateful that Doug has taken on this challenge. As a Junior School parent, Doug brings a good understanding of Southridge to the table as well as a solid background in business. I know he is going to do a wonderful job.

Finally, thank you to those who made the effort to attend the AGM. It was very much appreciated.

Ms. Debra Rasera  
Past Chair – Board of Governors

## **Junior School News**

### **Sport - Play with Heart**

In the past few days, I have joined Mr. Gallant, Mr. Porpaczy, Mr. Anderson, Ms. Reid, and Ms. Fretter and some of our senior school students for the CAIS basketball tryouts. I marveled at the turnout of boys in Grade 6 and 7 with the pursuit of a position on a CAIS team with 12 spots. I also marveled at the spirit of these young men as they 'played with heart' and 'left everything' on the court. No matter the outcome, or who secures a spot on the team, these young men should be proud. I witnessed a level of camaraderie among these boys as they bonded through these tryouts. Although playing in a competitive setting, they were cheering each other on, and giving encouraging hoots or hollers when anyone scored a basket. In sport, the outcome, although important, is secondary to the commitment and heart with which you play. I am so proud of these Grade 6 and 7 boys. Playing with heart, with odds not necessarily stacked in your favour, demonstrates true determination and character. Lessons learned in sports do often translate to lessons we learn in life. I learned a lesson from these boys - no matter what the odds, no matter what obstacles you face - play with heart, and hold nothing back. At the end of the day, there is pride in knowing that you did your best, and gave it your all.

Thank you boys, for this tangible lesson on life. Have a great week.

Mrs. Laurel Middelaer  
Head of Junior School

### **AR Reading Cutoff Date - Friday, November 26<sup>th</sup>, 2012 for Grades 3 to 7**

Just a reminder to all students in Grades 3 to 7 that the last day for writing AR tests that count towards term one is on Friday, November 26, 2012. It is helpful to know that this deadline is looming in order to avoid a last minute rush on test-writing. Ideally, students set realistic goals in consultation with their teachers, and the AR goal is manageable and attainable; we are just supporting good reading habits. However, we are mindful that lives get busy, and knowledge of deadlines is very helpful.

### **Upcoming Christmas Concerts**

Being mindful of the upcoming season and busy schedules, we would like to announce the dates of our Christmas concerts:

- Matinee performance on Tuesday, December 18<sup>th</sup>, 2012 at 1:30 PM
- Evening performance on Wednesday, December 19<sup>th</sup>, 2012 at 6:30 PM.

We hope that our families will be able to attend one of these presentations.

### **Dismissal for Christmas Holidays and Return for Monday, January 14, 2013 - Late Start**

On Friday, December 21<sup>st</sup>, 2012, all students are dismissed at 12:00 noon. At this time, all students will receive their report card. Our Christmas break is three weeks this year and please ensure that your calendar is clearly marked for a return date of Monday, January 14<sup>th</sup>, 2013 (Day 2). Please also note that we have a late start that day and students need to arrive between 10:10 and 10:20 for a start time of 10:25 AM. Please do not bring students any earlier as the faculty will be in meetings and unavailable to supervise.

### **Junior School Dance**

On Friday, November 23<sup>rd</sup> from 7:00-10:00 PM the Grade 7 House Captains are hosting a dance for Grades 6 and 7 students in the Junior School gymnasium. Music will be provided by Frost Entertainment DJ services. There is a \$7.00 admission fee. Students can also purchase snacks and drinks from the concession. All proceeds are for the Haiti Orphanage Fund.

Ms. McNeil  
Grade 7 Teacher

### **Dr. Bospflug to Present Academic Paper at International Conference**

Dr. Kevin Bospflug is honoured to be presenting a paper at a conference in Quebec City this week. The conference, *Music Learning: Benefits for the 21st Century Learner*, will include academics and music educators from around the world.

Dr. Bospflug's presentation, entitled "*Meaningful Music Education for Middle Years Students: The Musical Futures Project in action at Southridge School*" will focus on a joint project between Simon Fraser University and Southridge School that involved this year's grade nine students back when they were in grade seven beginning band. These students, working with Mr. Burrage, Dr. Bospflug, and the SFU researchers, took part in an innovative initiative from the UK called "Musical Futures". In this project, students worked collaboratively in small groups to learn to play a song of their choice by "ear" without the use of notation or direct instruction. The objective was to have the students emulate the real-life practices of many beginning popular musicians. The students also took part in a group inquiry project that engaged them in thinking about their experience working with their band, and how this learning compared with other ways they learn music. Overall, the Musical Futures project helped these students to develop listening and performing skills, to increase their engagement in music education, and to develop leadership skills as they acted as initiators of the music making, learning, and reflective processes. Dr. Bospflug is excited to be sharing the progressive and dynamic learning experiences taking place at Southridge with the international arts community and we are proud to have Dr. Bospflug's work receive international recognition.

### **MYP Musical Field Trip**

Tomorrow, November 22<sup>nd</sup> all MYP students will be heading to Chandos Pattison Auditorium to see Pacific Academy's production of *The Sound of Music*. Students will travel by bus leaving Southridge after recess and returning in sixth period. The cost of this exciting field trip will be \$8.00 per student which includes transportation and the show; this will be billed to student accounts. We are looking forward to seeing another school's musical production as we prepare for our upcoming MYP spring musical!

Dr. Kevin Bospflug and Mrs. Donna Winterburn

## Senior School News

### Pick Up Time and Navigating the Parking Areas

In speaking with many other administrators both in other ISABC schools and also in public schools the issue of the end of the day and ensuring both student safety and efficiency in getting everyone picked up is a common concern. Southridge is no different in this regard and we have spent much time trying to have a plan in place that will put both of these aspects in clear focus.

Over the past few weeks, we have noticed that there has been some confusion to this plan and it has caused some slow down to the end of the day which has led to some driver frustration. The possible consequence is a concern with student safety. I wanted to touch on a few points to help draw attention to these areas and hope that this helps to alleviate these concerns.

Please ensure that you are entering the Senior School entrance when arriving for pick-up. This is the entrance at the traffic light.

- As you make your way towards the Senior School building and pass by the two fields, a reminder that there are 2 lanes. The right lane should be used if you plan to wait. The left lane should be used to continue moving.
- Once you turn left, there are now 3 lanes. The left and right lanes are set-up to allow parents to stop and wait for their children. The centre lane must remain in motion.
- If there are no spots to wait and your child is not waiting, please loop around past the Junior School and come back for another try.
- PLEASE be ultra aware that there are students walking to their cars throughout this process and that we need to drive slowly and carefully. Student safety is the number one priority and over the past week this has been a real concern.
- Even when it is especially busy at pick up, most cars and children are away within 15 minutes of dismissal. While I realize there is some frustration at times, we do have over 300 students in the Senior School and there is a reality to how long this will take for pick-up.

Thank you for your attention in this regard. Please feel free to contact me if you have any further questions or concerns regarding pick-up, drop off or the parking areas in general.

### Mr. Palm – Absent For the Next Few Days

I mentioned to the students at Monday assembly that I will be absent beginning Wednesday for a surgical process on my leg. This has been quite a long process to get to this point and I am very hopeful for the outcome. I am planning to return to School the following week, given the recovery. If you have any concerns in the interim, please feel free to contact Mrs. Jan Holt or our two Division Coordinators, Mr. Doig and Mr. Dods.

Have a great week!

Mr. Doug Palm  
Head of the Senior School

### Storm Takes Bronze at Surrey's Championships

The Grade 8 girls' volleyball team continued their roll at last week's Surrey championships. Southridge won the right to host their pool after tying for first place in league play in the highly competitive South division. In the round robin format, the Storm girls opened with a straight set win over Clayton Heights 25-14 and 25-21. Next up, were Lord Tweedsmuir's second team and again Southridge got the better of their opponents in two, by scores of 25-13 and 25-22.

In the final match of the day the girls dispatched Panorama Ridge, again in two straight with a dominating 25-13, 25-12 performance earning top honours in their pool and the right to advance to the final eight at Sullivan Heights.

In the quarter finals, the Storm was matched up with cross town rivals White Rock Christian Academy. Strong serving and excellent net play gave the Storm their fourth straight two set win and set up a semi final with Earl Marriott. In an epic three set battle the girls fell 2-1 in three and would be forced to fight it out with powerhouse Lord Tweedsmuir 'A' team for bronze.

Determined to medal, the girls gathered themselves and came out pounding the ball, as well as playing superb defense against the Panthers. Again the match would be decided in three, but this time the Storm came out on the right end, earning the school's first ever medal in Grade 8 volleyball, as well as a berth into the Fraser Valley Championships.

Ms. Kara Wickstrom  
Grade 8 Volleyball Coach

### **Provincial Swimming Championships**

The girls 4 x 50 free relay team rocked the pool taking the bronze medal at last weekend's Provincial Championships in Richmond. The team made up of all junior swimmers medaled for the Storm and served noticed that gold is in their sight for next year.

Anna Shochian and Nicole Ure got the girls off to a good start. Melissa Liu reeled in the competition to move up to 3<sup>rd</sup> position and Isabelle Lei held on to it with a personal best time securing the medal. The young Southridge team recorded several top eight finishers at the AAA event with over 65 schools competing.

Tony Ma, Karl Rumm, Isabelle Lei and Melissa Liu placed 4<sup>th</sup> in their mixed free style relay; Melissa earned a 7<sup>th</sup> place finish in her individual 50 free race and placed 8<sup>th</sup> in her 100 m breaststroke.

They will all be a force to contend with next season. Congratulations to all swimmers and thanks so much to all the swimming parents who drove back and forth to Watermania from other venues, took great pictures and spent many hours on a very crowded pool deck supporting our team! I am looking forward to a great season next fall!

Ms. Heike Beer

### **Purdy's Chocolate Grad Fundraiser**

Please get your orders in! The date is extended to November 30th! Thanks!

Grad Committee

### **Gift Card Fundraiser – LAST WEEK!!**

Please get your order forms into the Senior School front desk this week. The grads greatly appreciate your support!! The order form is attached or pick up a copy at the Senior School front desk! Thank you!

Grad Committee

## **News for Both Schools**

### **A Very, Very Big Thank You to All!**

By all accounts, Saturday night's True Colours Gala was an enormous success. Although I cannot share our final results just yet (but promise to as soon as possible), it was one of the most successful galas that Southridge has ever had.

There are so many people to thank for this. First of all, thank you to our gala chairs, Karen and Krinder, for their vision, creativity and amazing negotiation skills.

A very special thank-you to our generous sponsors and donors, most of whom are either Southridge families or friends of Southridge families. Our sponsorship dollars were up significantly from last year which helped to ensure a successful night.

Thank you to all who attended. What a fun night!

To everyone who so generously bid in the live and silent auctions; your contributions were extraordinary.

A very, very special thanks to all our volunteers. We had parents working for months procuring items and many others spent countless hours writing item descriptions and wrapping. Volunteers spent the days prior to the event setting up and many were here the next morning cleaning up. On the night of the event, we had volunteers taking pictures, checking guests in and then staying late to check them out, volunteer spotters for the live auction and volunteer 'security' for the silent auction. Clearly, volunteerism at Southridge is alive and well! Thank you to all!

To the best teachers and staff ever – thank you for putting up with disruptions, distractions and general disorder leading up to the event.

Finally, I want to extend my personal appreciation to three people who worked diligently behind the scenes and truly went above and beyond. Alan McInnes, thank you for your hard work on the video, your assistance with everything technical, and for your many, many extra hours. To Lisa Boudot and Caroline Lotter for being such an amazing team, for your sense of humour and for your extraordinary effort in ensuring the gala was such a success. It did not go unnoticed.

Thank you to the entire Southridge community for showing your true colours once again!

Christiane Hodson  
Director of Advancement

### **Gala Photos**

You can download a high resolution copy of your Gala formal photo by going to this website:

<http://southridge.zenfolio.com/gala2012>

You will need to enter this password: gala2012

You can browse all the photos and then download your photos by clicking on the **Download** link that is just above each photo. Please feel free to contact me if you have any difficulties with this process.

Alan McInnes  
Web and AV Services  
[amcinn@southridge.bc.ca](mailto:amcinn@southridge.bc.ca)

### **Prospective Parent Night**

A reminder to all that our final admissions event of the year, Prospective Parent Night, is next Thursday, November 29<sup>th</sup> from 7:00 - 8:30 PM.

The evening begins with presentations from Mr. Stephens and Ms. Lepp followed by student-led tours in both the Junior and Senior Schools. Please be sure to extend a personal invitation to neighbors, colleagues, family or friends that have expressed an interest in our School. Your enthusiasm about Southridge is the best advertising we have!

The Admissions Team

### **The Wizard of Oz**

The Grade 9 Drama and Art classes are excited to present a children's theatre adaption of *The Wizard of Oz*. Parents are welcome to attend performances in the Little Theatre from November 23<sup>rd</sup> – 29<sup>th</sup>. There is an evening show on November 27<sup>th</sup> at 6:00 pm. Please contact Ms. Kelly for more information. [jkelly@southridge.bc.ca](mailto:jkelly@southridge.bc.ca)

### **Daily Digest and Menu for the Week of November 26<sup>th</sup> – 30<sup>th</sup>**

Come into the Southridge Café and welcome and honor father winter by enjoying seasonal meals and delights. Stews, perogies, pot pies, pastas, and much more. If it's a sweet tooth you have, why not have a little sinful pleasure with our muffins, jello, or cookies.

Don't forget that we would be honored to cater your upcoming event, no matter how small. Always fresh and with great service. Bon appetite.

Marat Dreyschner  
Chef/Unit Manager



## SOUTHRIDGE GRAD 2013 SUPPORTER ORDER FORM

NAME OF STUDENT: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_ DATE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 NAME OF PARENT: \_\_\_\_\_ GRADE/CLASS: \_\_\_\_\_

This is a one time order  This is my new standing order.

	<u>CERTIFICATES</u>	<u>TOTAL</u>	
<b><u>MERCHANT(FEE)</u></b>			
<b><u>Department Stores:</u></b>			
(DB) Giant Tiger	3.0% _____ x	\$25.00	
	_____ x	\$100.00	\$ _____
(DB) Hbc (The Bay, Zellers, Home Outfitters)	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) London Drugs	2.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Sears	2.0% _____ x	\$25.00	
**Reloadable**	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
<b><u>Fuel:</u></b>			
(C) Chevron	2.0% _____ x	\$25.00	\$ _____
(DB) Esso	2.0% _____ x	\$25.00	
**Reloadable**	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Petro-Canada	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
<b><u>Home Improvement:</u></b>			
(DB) Home Depot	2.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Home Hardware	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Lowe's	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Rona / Totem	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
<b><u>Grocery Stores:</u></b>			
(DB) Choices Market	7.0% _____ x	\$20.00	
	_____ x	\$100.00	
	_____ x	\$250.00	\$ _____
(DB) MarketPlace IGA	5.0% _____ x	\$50.00	\$ _____
**Reloadable**			
(C) Killarney Market	3.0% _____ x	\$25.00	\$ _____
(DB) Fairway Market	3.0% _____ x	\$25.00	\$ _____
*Vancouver Island Only*			

	<u>CERTIFICATES</u>	<u>TOTAL</u>	
<b><u>MERCHANT(FEE)</u></b>			
<b><u>Grocery Stores:</u></b>			
(DB) Loblaws(Shop Easy, Extra Foods, Superstore, Lucky Dollar, No Frills, Canadian Wholesale)	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Safeway	3.0% _____ x	\$50.00	
	_____ x	\$100.00	
	_____ x	\$250.00	\$ _____
(DB) Stong's	6.0% _____ x	\$50.00	
	_____ x	\$100.00	
	_____ x	\$500.00	\$ _____
(DB) T&T Supermarkets	2.0% _____ x	\$20.00	
	_____ x	\$50.00	\$ _____
<b><u>Specialty Stores:</u></b>			
(DB) Aeropostale	7.0% _____ x	\$25.00	\$ _____
(DB) Aldo	7.0% _____ x	\$25.00	\$ _____
(DB) American Eagle	5.0% _____ x	\$25.00	\$ _____
(DB) Bath and Body Works	7.0% _____ x	\$25.00	\$ _____
(DB) Best Buy	2.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Canadian Tire	3.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Chapters/Indigo/Coles	10.0% _____ x	\$20.00	\$ _____
<b>(DB) Claire's Stores</b>	<b>9.0%</b> _____ x	<b>\$25.00</b>	<b>\$ _____</b>
(DB) Esquires Coffee	10.0% _____ x	\$10.00	
	_____ x	\$25.00	\$ _____
(DB) Future Shop	2.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Gymboree	7.0% _____ x	\$25.00	\$ _____
(DB) i-Tunes	5.0% _____ x	\$10.00	
	_____ x	\$25.00	\$ _____
(DB) La Senza	7.0% _____ x	\$25.00	\$ _____
(DB) M&M Meat Shops	3.0% _____ x	\$25.00	\$ _____
(DB) Mark's Work Wearhouse	7.0% _____ x	\$25.00	
	_____ x	\$50.00	
	_____ x	\$100.00	\$ _____
(DB) Options (Gap, Old Navy, Banana Republic)	7.0% _____ x	\$25.00	
	_____ x	\$50.00	\$ _____
(DB) Payless Shoe Source	5.0% _____ x	\$25.00	\$ _____
(DB) Petsmart	3.0% _____ x	\$25.00	\$ _____
<b>(DB) Pottery Barn</b>	<b>5.0%</b> _____ x	<b>\$25.00</b>	<b>\$ _____</b>
(DB) Shoppers Drug Mart	3.0% _____ x	\$25.00	
	_____ x	\$50.00	\$ _____
(DB) Sport Chek	4.0% _____ x	\$25.00	\$ _____

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<b>Specialty Stores:</b>		
(DB) Staples	3.0% _____ x	\$25.00
<b>**Reloadable**</b>	_____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$250.00
	_____ x	\$ _____
(DB) Starbucks	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) The Children's Place	7.0% _____ x	\$25.00
(DB) The Shoe Company	7.0% _____ x	\$25.00
(DB) Town Shoes	7.0% _____ x	\$25.00
(DB) Toys 'R' Us	2.0% _____ x	\$25.00
<b>(DB) Williams-Sonoma</b>	<b>5.0% _____ x</b>	<b>\$25.00</b>
(DB) Winners	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
<b>Restaurants:</b>		
(DB) Boathouse Restaurants	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Boston Pizza	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Browns Socialhouse	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Burger King	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$ _____
(DB) Cactus Club	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Domino's	10.0% _____ x	\$25.00
(DB) Darden Restaurants		
Olive Garden	7.0% _____ x	\$25.00
Red Lobster	7.0% _____ x	\$25.00
(DB) Earls	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
<b>(DB) Joey Restaurant</b>	<b>7.0% _____ x</b>	<b>\$25.00</b>
	_____ x	<b>\$50.00</b>
	_____ x	<b>\$ _____</b>
(DB) Keg	7.0% _____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Bonappetit Multi-Brand	3.0% _____ x	\$25.00
(Milestone's, Kelsey's, Swiss	_____ x	\$50.00
Chalet, Montana's Cookhouse,		
Harvey's, Coza! Tuscan Grill)		
(DB) Moxie's	10.0% _____ x	\$25.00
(DB) Old Spaghetti Factory	5.0% _____ x	\$25.00
(DB) Prime Restaurant	7.0% _____ x	\$25.00
(Eastside Mario's, Casey's,		
RD's BBQ Blues, Pat&Mario's, BierMarkt)		
(DB) Red Robin	7.0% _____ x	\$25.00
(DB) Sammy J's Grill and Bar	10.0% _____ x	\$25.00
	_____ x	\$ _____
<b>(BONUS \$5 with every \$25)</b>		
(DB) Subway	5.0% _____ x	\$10.00
	_____ x	\$25.00
	_____ x	\$50.00
	_____ x	\$ _____
(DB) Vancouver Dine	10.0% _____ x	\$50.00
(The Teahouse, Seasons in the Park,		
Cardero's, The Sandbar)		
(DB) Wendy's Restaurant	3.0% _____ x	\$10.00
(DB) White Spot	7.0% _____ x	\$25.00
(C) Triple O's	7.0% _____ x	\$10.00

<u>MERCHANT(FEE)</u>	<u>CERTIFICATES</u>	<u>TOTAL</u>
<b>Entertainment:</b>		
(DB) Cineplex Odeon	5.0% _____ x	\$10.00
(Famous Players, Galaxy, SilverCity,	_____ x	<b>\$25.00</b>
Colossus, Paramount)		
(DB) Rogers Video	7.0% _____ x	\$10.00
	_____ x	\$20.00
	_____ x	\$ _____
<b>Travel</b>		
(NC) Avis Car Rental	7.0% _____ x	\$50.00
	_____ x	\$100.00
	_____ x	\$ _____
<b>(NC) Budget Car Rental</b>	<b>7.0% _____ x</b>	<b>\$50.00</b>
	_____ x	<b>\$100.00</b>
	_____ x	<b>\$ _____</b>
(DB) Fairmont Hotels	7.0% _____ x	\$100.00
(DB) Marriott Hotels	7.0% _____ x	\$50.00
(can be used at any participating	_____ x	\$100.00
Marriott properties)		
<b>Spas</b>		
(DB) Spa Utopia	7.0% _____ x	\$50.00
www.spautopia.ca	_____ x	\$100.00
	_____ x	\$ _____
(DB) WaySpa	10.0% _____ x	\$50.00
(over 450 spas across Canada)	_____ x	\$100.00
www.wayspa.com		

**GRAND TOTAL:** \$ \_\_\_\_\_

DB: Declining Balance Shopping Card  
C: Change Back Shopping Certificate  
NC: No Change Back Shopping Certificate

**CANNOT PAY OFF ACCOUNT WITH CARDS OR CERTIFICATES**

**PAYMENT INFORMATION:**       Cheque # \_\_\_\_\_  
 Cash

**Total Order: \$ \_\_\_\_\_**

Thanks for your support! GRADS 2013



**New!**

# **Grad Gift Card Fundraiser**

- Perfect gift for the Holidays
- Over 100+ merchants to choose from
- Our profits come from the merchants not the customers  
(You pay \$50 for a gift card, you will receive a \$50 gift card)

Help Support the Grad Class of 2013!  
Order by November 28th



**SAFEWAY +100 other merchants!**

# Weekly Menu

**November 26<sup>th</sup> – 30<sup>th</sup>**

**Monday,  
SPAGHETTI PASTA**

Ying and yang

Marinara sauce and cheese a contrast of red and white  
With garlic bread and tossed green salad

**Tuesday  
CHICKEN QUESADILLA**  
or vegetarian  
all the traditional fillings

**Wednesday  
CHICKEN POT PIE**  
Homemade Southridge pie  
Loaded with chicken and vegetables

**Thursday  
QUICHE LORRAINE**  
with tossed salad and taters

**Friday  
TACOS**  
Cheddar, shredded lettuce, tomatoes, onions and peppers  
Served with a choice of salad and rice



## SPICE UP YOUR LIFE... with Herbs and Spices



Your healthy grocery list is about to get spicier! Though herbs have been used for hundreds of years to heal, scientists are finally starting to research these plants' abilities to deliver on health benefits. Emerging science shows that many spices are also potent defenders of good health. To spice up your life, add these herbs and spices to your grocery list.

### Herbs for Health

**Oregano** – Fresh or dried, oregano is a herb that has significant amounts of vitamin K, manganese, iron and dietary fibre (and is also a good source of calcium, vitamin A and C). Oregano is a strong antibacterial agent and has an antioxidant capacity that is 42 times more active than apples, 30 times more than potatoes and 12 times more than oranges<sup>1,3</sup>.

**Basil** – The fresh and aromatic form of basil has many similar nutrients to oregano including plenty of vitamin K. Not only is basil a delicious addition to many dishes, it can prevent foods from being contaminated by bacteria. Basil also fights inflammation and may help promote cardiovascular health<sup>1,2</sup>.

**Rosemary** – The wonderful smell of rosemary creates more than just great food. Rosemary contains substances that may improve digestion and stimulate the immune system. It also improves circulation, and increases blood flow to the head and brain, thus improving concentration<sup>3</sup>.

### Spices for Health

**Turmeric** – The main spice found in yellow curry powder, turmeric, contains curcumin which is a compound that may inhibit cancer cell growth and promote health of the brain. Some studies suggest that it may even protect against Alzheimer's disease<sup>4</sup>.

**Ginger** – This spice, derived from the ginger root, has long been used as a natural remedy for nausea, morning sickness and other stomach discomforts. Combined with its natural antibacterial, antifungal and anti-inflammatory properties, ginger may be a great spice for healing.

**Cinnamon** – This fragrant spice, traditionally used for baking, has the highest antioxidant capacity of any spice. In ancient Chinese medicine, cinnamon was used to improve energy and vitality. It has anti-inflammatory properties and is a powerful antimicrobial agent. New research shows that cinnamon may even help regulate blood sugar levels<sup>5</sup>.

Add these herbs and spices to a variety of foods and not only will your meals and snacks be full of flavour, but also brimming with tasty nutrition, antioxidants and healing benefits. For more information on the health benefits of spices, visit [www.spicesforhealth.com](http://www.spicesforhealth.com).

### Sources:

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### MOROCCAN BEAN AND PEPPER STEW

Cinnamon, ginger, and red pepper not only warm up the flavours of this healthful bean stew, they also fill it with health-promoting antioxidants.



15 mL (1 T)	Olive oil
480 mL (2 cups)	Chopped yellow and/or red bell peppers
480 mL (2 cups)	Cubed peeled butternut squash
360 mL (1½ cups)	Chopped onions
10 mL (2 tsp)	Cinnamon, ground
5 mL (1 tsp)	Garlic powder
3 mL (½ tsp)	Cumin, ground
3 mL (½ tsp)	Ginger, ground
2 mL (¼ tsp)	Cayenne pepper, ground
2 mL (¼ tsp)	Salt
1 can (16 oz)	Chickpeas (garbanzo beans), drained and rinsed
1 can (15½ oz)	Red kidney beans, drained and rinsed
1 can (14½ oz)	Diced tomatoes, undrained
240 mL (1 cup)	Water

### Couscous:

180 mL (¾ cup)	Vegetable broth
2 mL (¼ tsp)	Cinnamon, ground
2 mL (¼ tsp)	Ginger, ground
160 mL (⅔ cup)	Whole wheat couscous
90 mL (¼ cup)	Golden raisins



### Garnish:

Chopped fresh mint (optional). Toasted sliced almonds (optional)  
Makes 6 servings.

- For the Stew, heat oil in 3-quart saucepan on medium-high heat. Add bell peppers, squash and onions; cook and stir 5 minutes or until vegetables are softened. Add cinnamon, garlic powder, cumin, ginger, red pepper and salt; cook and stir 1 minute. Stir in beans, tomatoes and water. Bring to boil. Reduce heat to medium-low; simmer, covered, 20 minutes or until vegetables are tender.
- Serve stew over couscous or rice in large soup bowls. Sprinkle with mint and almonds, if desired.

### Serving Size: 1 serving

Calories: 272 kcal, Fat: 4 g, Carbohydrates: 50 g,  
Cholesterol: 0 mg, Sodium: 477 mg, Protein: 9 g, Fibre: 10 g.

Recipe from by McCormick Gourmet.

Visit [www.spicesforhealth.com](http://www.spicesforhealth.com) for more recipes.