



# Our Place Parent E-Newsletter

January/February 2009

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## "Banana Wheels" Kid-Friendly Snack Idea

*Submitted by Nyree Patterson*

- Place a cup or so of Cheerio's in a plastic bag.
  - Using the back of your hand or a rolling pin flatten until mixture resembles fine crumbs.
  - Slice a banana into rounds and place a few at a time in the plastic bag.
  - Shake lightly to cover the banana pieces (banana wheels) with the Cheerio's mixture.
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## Budgeting After the Holidays

*Submitted by Brent Richardson*

The excitement of holiday parties, family, friends and gift giving are certainly experiences that we look forward to over the months and weeks leading up. But once the turkey and pie have settled and the wrapping paper cleared off the floor, the reality of how to pay for this festive time suddenly becomes quite real. Whether the situation of financial strain will affect you over the holidays or not, it definitely will help you to create a quick and easy financial strategy that will allow you to live a comfortable lifestyle, repay debts, and perhaps even have a bit left over to save for next year.

The word **budget** is scary to most, mainly for one reason: they are very hard to stick with and manage. Many have tried to create a budget but have found it is very difficult to manage their finances with pen and paper, or even with computer software. But the simple truth is that the creation of a well functioning budget is extremely important if we are to achieve a comfortable financial position, and eventual financial abundance.

Luckily, today there are **FREE** resources such as [www.mvelopes.com](http://www.mvelopes.com) that make financial management a breeze. Your banking information (including spending on all cards) is automatically transferred to this secure site. Don't have online banking? This is definitely a good reason to sign up! At the [www.mvelopes.com](http://www.mvelopes.com) web site, once you choose the limits of how much you wish to spend in each major spending category (e.g. food, car, entertainment, etc.) in a given month, it now becomes very easy to compare your debit, credit card, and cash spending to the amounts you set as spending limits in that month. It's all on one screen, is completely safe, and in as little as 10 minutes per week you will have the comfort of knowing you are financially on track and secure.

Once set up, you can see where exactly your money is going on a monthly basis and trim your spending accordingly. For example, for most families, saving just 10% per year on food will save that family at least \$800 per year - and that's just one category!

Check out the site [www.mvelopes.com](http://www.mvelopes.com) for more information on how to set up the easiest budgeting system ever created and gain financial control once and for all.

*Contact Brent for help or if you have any questions at [parentcouncil@ourplacekw.ca](mailto:parentcouncil@ourplacekw.ca)*

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## General Housekeeping

### Unscheduled Closings

- ✓ Weather-related closures will be announced on 570 AM News, 105.3 Kool FM, and 96.7 CHYM FM.
- ✓ If we are closed for reasons other than weather, we will make every attempt to call scheduled volunteers and participants who are registered in workshops.
- ✓ To confirm if we are open, call (519) 571-1626 ext. 29 to hear a recorded message.

### Scent-Free

- ✓ Some children and adults are sensitive and allergic to strong scents, odours and perfumes. Please keep this in mind when entering our scent-free environment at the Centre.



For more information, please contact Bonnie Caza at [bcaza@ourplacekw.ca](mailto:bcaza@ourplacekw.ca).

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## 2009 Parent Council Calendar

### Parent Council Meetings

Monday, January 19 @ 6:30PM

Monday, February 9 @ 9:30AM

Monday, March 9 @ 6:30PM

Monday, April 20 @ 9:30AM

Monday, May 11 @ 6:30PM

Monday, Jun 15 @ 9:30AM

Please RSVP your attendance to [parentcouncil@ourplacekw.ca](mailto:parentcouncil@ourplacekw.ca)

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## Shop & Support

Did you know there are gift cards available for purchase on-site at the Centre? This is great if you need a gift or if you are trying to stay on a budget. Ask for Cindy at the front desk or email her at [ckratky@ourplacekw.ca](mailto:ckratky@ourplacekw.ca)

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