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On Now at The Brick!

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What's Cookin': What's a Spatchcock?

Spatchcock is a term that refers to poultry or game that has had the backbone removed and then is flattened for cooking. Sometimes the sternum is removed as well, but it is the backbone that is the key.

Spatchcock is also the traditional word for a juvenile chicken. These were generally butterflied for easier cooking. So in modern English the word became associated with the bird and the method of cooking.

It is not hard to spatchcock a chicken. All you really need is a good, sharp pair of kitchen shears and a U-tube video! Check it out and you'll see how easy it is.

Once you've flattened the bird, this is

Lori Gysel & Gerry Kentner



a great way to marinate, as once you put it in the Ziploc bag with the marinade, more of the flesh is exposed to the flavourings.



If you want to marinate, then I suggest letting it sit for about 8-12 hours. Then BBQ on medium heat (keeping an eye for flames), until chicken reaches an internal temperature of 165 degrees F.

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at whatscooking@theifp.ca

Friday August 23rd 10 am

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Q: What is an effective way to promote open communication?

A: Communication is one of the leading issue and source of conflict between individuals. As a coach and therapist, I have met many who already have received training in the area of "Active Listening" and yet they have little success in changing the quality of their interactions. When I coach someone to improve their communication skills, I encourage them to consider whether their style promotes collaboration, safety and openness in their interpersonal exchange. Firstly, be sensitive to your tone of voice, gestures and posture. Over 50% of the cues a person receives from you come non-verbally. Secondly, explore your intent. Do you want to point out a fault and blame or do you intend to be collaborative and find a positive outcome for all involved. Thirdly, be aware of how you initiate a conversation. Do you realize that asking a "WHY" question kills a conversation? Starting with a "Why" is certainly the least effective manner to ask a question. It usually promotes defensiveness. The automatic response to a "why" question is "I don't know", which ends the conversation unless you persist in entering in an argument over the "I don't know" response. Asking a "Why" question can imply that one as made a poor choice or that you disagree with them. Rarely do people volunteer their thoughts or take responsibility for their actions if they anticipate being criticized.

If you want to ask a question that will maintain openness in your conversation try the following questions - 1) Help me understand, what were you trying to achieve when you did? 2) What happened with ...? 3) What led you to decide to do "XYZ" when...? 4) Can you tell me more about?

Interpersonal communication is the key to successful relationships and to conflict resolution. Take the time to learn more about your own style and build new skills.

Manon Dulude facilitates conflict resolution workshops with groups and corporations. She can be reached at 905 873 9393.

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DOUG RIDING
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Senior Associate

Q: I have come into a fair amount of money recently. What should I do first?

A: Whether you've received an inheritance, sold a business, exercised stock options, won a lottery or received a settlement from an insurance claim, your emotions are no doubt running high. Our team's advice is uniform: Go slow. Here is some initial guidance.

Get professional advice. New wealth brings new opportunities and greater need for objective advice. Be wary of well-intentioned relatives and friends who offer unqualified advice. Arrange to meet with a financial planner for wise counsel at first opportunity. It is important that you understand what to expect and get the support you need through a network of specialists.

Take a pause. It's important to take time to grieve the loss of a loved one or adjust to a windfall until you are ready to make sound decisions. If you received cash, park it temporarily in a money market fund or deposit investment. Determine whether there is an immediate need to update your own estate plan.

Review goals. During this timeout, review your goals to see how your priorities may have changed. Will you retire early, invest in a new business, travel, buy property or give money away?

Create a plan. Once you have reset your priorities, we can help you quantify the cost of your desired lifestyle and goals, and create a plan to achieve them. As tax is now a more significant issue, you'll want to consider new strategies to minimize or defer tax.

Reposition your portfolio. One mistake people make is to leave an inherited portfolio of investments as is. While it may have been right for your relative, it needs to be customized for you. You will need to establish an asset mix to reflect your own life expectancy, risk tolerance and needs for income or growth.

Update your own estate plan. Ensure those you have named as powers of attorney and executors are still appropriate to handle your finances. More sophisticated estate strategies such as trusts may now be relevant. Review your insurance policies and beneficiary designations as part of your updated plan. With a significant life event like sudden wealth, you need the objective advice and support of experienced professionals. Please give our team a call.

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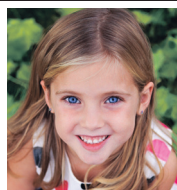
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"If today were the last day of my life, would I want to do what I am about to do today?" - Steve Jobs, Stanford commencement address 2005