

New Year's resolutions

Help reduce your 'waste' and conserve 'energy' in 2009

"This year, I'll exercise more and quit smoking." We've all made many New Year's resolutions that we end up breaking around noon on New Year's Day. Ambitious resolutions may have the best intentions, but small changes are more likely to stick.

That's why some of Canada's leading home care brands like Bounty, Cascade, Charmin, Downy, Duracell and Tide created Future Friendly, a program to help Canadians reduce waste, packaging and energy consumption. They've teamed with Canadian Energy Efficiency Alliance, canuhome and the Recycling Council of Ontario to provide some New Year's resolutions that won't require an iron will.

1. Down with drafts

Snow doesn't mean it's too late to weather-strip the homestead. The Canadian Energy Efficiency Alliance says caulking cracks, insulating windows and other steps to ensure your home is as airtight as possible will keep you warm this winter.

2. Appliances can be lean, green machines

Use your appliances efficiently. Reducing energy consumption in the laundry room can be as simple as cold-water washing.

Washing in coldwater gives you great cleaning, and washing in cold water helps you save energy.

In the kitchen, ensure the dishwasher is full before running it. Many dishwashers also have an energy-saving cycle you can take advantage of.

3. Slim down your waste

It's easier than toning the tummy. The Recycling Council of Ontario suggests bringing your own reusable shopping bag to the store. And when packing a snack, avoid packaging and plastic wrap becoming leftovers in the landfill with reusable containers.

Choosing products with reduced packaging can also shed pounds from your waste. Concentrated laundry products often use less material in the packaging.

Finally, holiday entertaining often means wining and dining. Leftover wine can be frozen into ice cubes and saved for your next



culinary masterpiece.

More information can be found online at www.futurefriendlybrands.ca,

www.rco.on.ca, www.energyefficiency.ca and

www.canuhome.com.

- News Canada

Fortune Cookies

Write your own fortunes and place them in cookies. Great for parties.

INGREDIENTS

- 1 egg white
- 1/8 teaspoon vanilla extract
- 1 pinch salt
- 1/4 cup unbleached all-purpose flour
- 1/4 cup white sugar

DIRECTIONS

1. Preheat oven to 400 degrees F. Butter a cookie sheet. Write fortunes on strips of paper about 4 inches long and 1/2 inch wide. Generously grease 2 cookie sheets.
2. Mix the egg white and vanilla until foamy but not stiff. Sift the flour, salt, and sugar and blend into the egg white mixture.
3. Place teaspoonfuls of the batter at least 4 inches apart on one of the prepared cookie sheets. Tilt the sheet to move the batter into round shapes about 3 inches in diameter. Be careful to make batter as round and even as possible. Do not make too many, because the cookie have to be really hot to form them and once they cool it is too late. Start with 2 or 3 to a sheet and see how many you can do.
4. Bake for 5 minutes or until cookie has turned a golden color 1/2 inch wide around the outer edge of the circle. The



Good fortune to you in 2009!

center will remain pale. While one sheet is baking, prepare the other.

5. Remove from oven and quickly move cookie with a wide spatula and place upside down on a wooden board. Quickly place the fortune on the cookie, close to the middle and fold the cookie in half. Place the folded edge across the rim of a measuring cup and pull the pointed edges down, one on the inside of the cup and one on the outside. Place folded cookies into the cups of a muffin tin or egg carton to hold their shape until firm.

With Our Thanks At Year's End

We would like to take this opportunity to thank all of our readers for their continued support and loyalty

Diane Wolstenholme and the Canadian Champion production team.

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| <p>MATTAMY POWELL over 1900 sq ft, stunning home with 9 foot ceilings, hardwood flooring and stairs, pot lights, gas fireplace, family sized eat in kitchen with pantry, open to family room, second floor features laundry and loft, master with 4 piece ensuite, soaker tub and separate shower, excellent quiet crescent location in Hawthorne Village. \$369,900</p> | <p>HAWTHORNE VILLAGE Beautiful 4 bedroom Mattamy detached with finished basement, main floor family room with hardwood floor and gas fireplace, living and dining with hardwood, main floor laundry, master with walk in closet and 4 piece ensuite, fifth bedroom and 3 piece bath in basement, great floor plan 2300 sq ft, located on kid friendly crescent. \$439,000</p> | <p>MATTAMY POWELL 1900 sq ft with over 30K in upgrades. Hardwood floors in living room and dining room. Family room features gas fireplace and media niche. Family sized kitchen with walk out to deck and fenced garden, corian counters, ceramic backsplash, all stainless steel appliances including built in cooktop, oven and microwave, upgraded cabinets with top drawers, valance and pantry. Master features walk in closet with organizers and 3 piece ensuite. \$359,900</p> | <p>MATTAMY LINDSAY Facing lots backing onto forest on quiet crescent, interlocking brick walkway and patio, 1800 sq ft, gleaming hardwood floors in main floor family room open to family sized eat in kitchen w/stainless steel appliances, living and dining room with hardwood floors, 2.5 baths, four bedrooms, master featuring walk in closet and soaker tub and separate shower in ensuite. \$349,900</p> |
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HAPPY NEW YEAR to all our Friends, Clients and Colleagues. We look forward to working with you in 2009!

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