



Peace Ranch News

Winter 2011

Snow, snow, snow. While our city cousins have been shovelling driveways and making their way through the slush on the sidewalks, Peace Ranch has been enjoying a serene blanket of sparkly white. Snowshoeing and cross country skiing have been a favourite past time. Even the animals are out and about. Magic, the black house cat, was spotted "swimming" through the snow behind the farmhouse recently and Mr. Peacock and his ladies are all sunbathing, on the bright days, in their pen sporting their new plumage. The mini horses have been seen romping through it as well. On the sunny days, several of the residents have gone hiking down the road as well as over in Palgrave through the conservation area. Ice fishing, a seasonal favourite, was on the calendar for February and an afternoon hockey game with OHA's Brampton Battalion. The winter does seem to be flying by and preparations have already begun for spring. The seed orders are in and it will just be another few short weeks when we will start to see the first signs of new growth budding in the gardens.

From Rosie, With love... snort, snort....

"Dead easy, dead cheap", was the report from Heidi after this recipe was acclaimed as a big hit at a recent session of **Rosie's Kitchen**. Endorsed by Rosie, our beloved pot-bellied pig, the official promoter of this healthy living program at Peace Ranch, we encourage everyone to "eat well, live well and stay well". Enjoy!

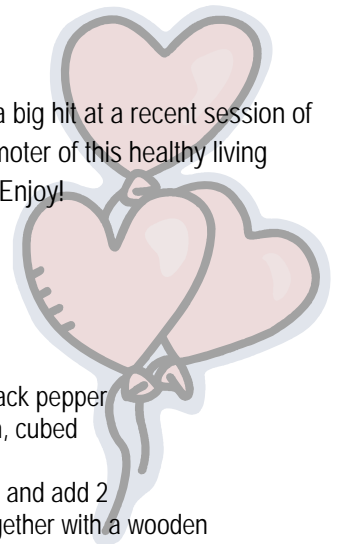
Pea and Mint Soup

2 carrots, sliced
2 celery stalks, sliced
2 medium onions, chopped
2 cloves garlic, minced
1 ¾ quarts chicken or vegetable broth

Olive oil
5 ½ cups frozen peas
A small bunch of fresh mint
Sea salt and freshly ground black pepper
Optional ¾ pound cooked ham, cubed

Put the broth in a sauce pan and heat until boiling; put a large sauce pan on a medium heat and add 2 Tablespoons of olive oil. Add all your chopped and sliced ingredients to the pan and mix together with a wooden spoon. Cook for around ten minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onion is lightly golden. Add the boiling broth to the vegetables. Add peas. Give the soup a good stir and bring to a boil. Once boiling, allow to simmer to 10 minutes. With a blender or food processor blend until smooth. If using ham, chop it up and stir it in.

Serve with mint leaves on top.



Peace Ranch Leadership Program

Beginning in November, Peace Ranch launched a pilot Leadership Program for our residents and Green Spaces clients. Six participants committed to 6 weeks of in class sessions discussing the how to's of leadership. The program was created and facilitated by Amy, our Community Support Worker and Sue, our Green Spaces Worker to support skill building and empowerment in taking on leadership roles. Sue reports that they have scheduled another series of sessions to begin in the spring. One of our participants, Maida, shares her thoughts about the program.

When Sue at Peace Ranch approached me to see if I was interested in a leadership course I must admit I was not sure if I wanted to participate. I said yes but inside I did feel a little bit of anxiety about the class; what it entailed and what would be expected of me. After I attended the first session, however, I was pleasantly surprised and happy that I chose to take the course. I found the sessions were informal and the instructors Amy and Sue were friendly and helpful and presented the material in a light and easy to follow format.

Some of the topics covered in the course included what qualities a leader has, taking care of yourself while you are in a leadership role, different styles of communication, and dealing with conflict and difficult situations. Sometimes there would be one or two homework questions but everything was discussed in class so it was not difficult to write up a

few answers and we actually had a few good laughs when we did a bit of in class exercises. I have completed the leadership course and I now lead the warm up exercises at the ACTS Gym every second Thursday which is part of the Green Spaces program at Peace Ranch. I feel confident in this role; exercise is something I enjoy and I have added music as part of the workout which I hope will help motivate people.

I would recommend the leadership course to anyone who would like the opportunity to explore their hidden potential and as a result discover they do indeed have leadership skills. I believe we all have talents and strengths that can be tapped into and the classes are a great way of discovering more about ourselves and our abilities. Maida M. Sinko



Maida receiving her certificate of completion from Sue.



Maida leading the warmups.

An Afternoon Enjoying Canada's Favourite Sport



Brampton Battalion vs Niagara Ice Dogs

Sunday Feb.13
Niagara Ice Dogs: 3
Brampton Battalion: 1

Green Spaces participants' friends and family enjoyed an afternoon of fast action OHL hockey courtesy of CN. Unfortunately, Brampton came up short on goals against the Niagara Ice Dogs.



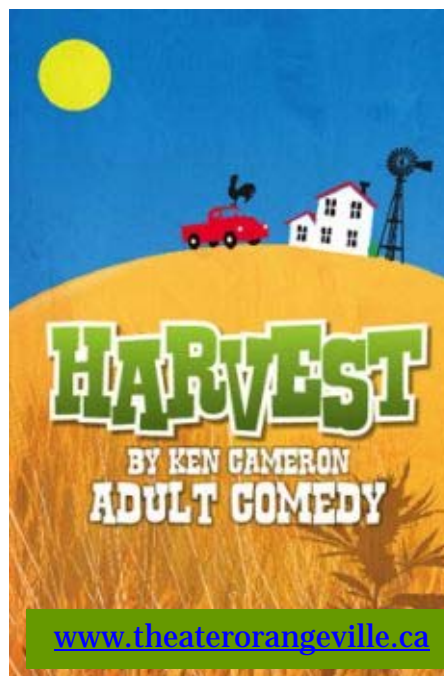
Pictures and report submitted by Sue.

In Memoriam



All of Peace Ranch is grieving the loss of our beloved horse, "Penny", the leader of the pack. Due to her sweet and gentle disposition, this wonderful white Percheron made the ideal therapy horse and was the favourite of many of our clients. She will be sadly missed.

Peace Ranch invites you to our latest fundraiser.....



Harvest — Wednesday March 30
at 8:00pm

STARRING: MELODEE FINLAY AND BRIAN MCKAY
DIRECTED BY: DAVID NAIRN

When Allan and Charlotte Duncanson, an ordinary farm couple retire and move to a condo in the city, they sell the farm but not the farmhouse. After receiving an outrageous utility bill, they suspect that the "nice young man" they rented to is growing something a little less legal than winter wheat!

Business News:

Peace Ranch submitted an application to the Ministry of Health Promotion to secure funding to support the health needs of adults with mental illness. The focus is on health promotion, including healthy eating and physical fitness. This program will target the needs of Orangeville's most vulnerable population.

Peace Ranch continues to pilot the safe bed program which enables a client in crisis to have a safe and supported stay at the farmhouse. At this time, this service is specific to Dufferin County.

Peace Ranch staff recently gave a presentation to Building Healthy Communities, which is a service provider network. This provided an opportunity to touch base with different Human Service agencies and open the possibilities of new partnerships.

Peace Ranch would like to welcome Kim Shadlock in the role of the Health and Care Centre Co-ordinator for Bolton and Shelburne.