

WLON Health Newsletter

November 2013

To coincide with our new recycling program, this month's topic is recycling.

The Importance of Recycling

Recycling conserves precious resources that we are greatly overusing. When we recycle, we allow used materials to be converted into new products without using any additional raw materials. This reduces the need to take raw material from existing resources and allowing us to reuse ones that have already been taken. This helps conserve necessary raw material that are obtained through deforestation or mine excavation, which are both detrimental to our planet.

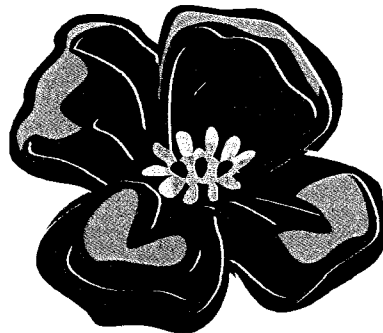
Recycling also saves irreplaceable amounts of energy. It costs incredible amounts of money and requires more energy to extract, refine, process, and transport raw material into new product. Using recycled material to create new products not only requires less energy because the products have already been created at one time, but also costs less because there is much less processing and preparation needed to convert the recycled material into new products.

Recycling is also protecting the environment in which we are quickly devastating to irreparable means. Recycling old products to create new ones means less extraction of raw material is necessary. Mining, logging, and quarrying are ruining our natural habitats, killing entire species, and creating substantial water and air pollution. Recycling also reduces greenhouse

gas emissions that are created when processing raw materials. Recycling programs, such as the one currently implemented in the UK, can prevent more than 18 million tones of CO2 gas entering the atmosphere every year – that is the equivalent to taking over 5 million cars off of our roads. Now, imagine if all of our countries implemented similar programs; our planet would be in a lot better condition than it is now.

Additionally, recycling reduces the ever-growing size of landfills. Landfills are filled with non-biodegradable products, making landfills permanent landmarks of filth, trash and garbage that can never be used again. The rubbish filling the landfill will never go away, and the land that landfill sits on is no longer usable for living, growing or anything other than a landfill for that matter. The more we recycle, the less garbage goes into our landfills, and the more land we have to living or preserving.

(www.earth.com)



Happy Birthday!!!!

Candace Esquega	Nov. 5
Brian McIvor	Nov. 5
Anthony Morrison	Nov. 7
Pauline Brown	Nov. 7
Cameron Norris	Nov. 13
Tyson Williams	Nov. 18
Dino Williams	Nov. 25
Travis Williams	Nov. 25
Jeff Gardner	Nov. 27
Calvin Brown	Nov. 29

Recipe of the Month BLT Pasta Party Salad

What U Need!

- 1 pkg uncooked rotini pasta
- 8 slices of bacon, cut into ½ inch pieces
- 1 cup of mayonnaise or salad dressing
- 1 tblspn of lemon juice
- 2 tsp sugar
- 1 large tomato, seeded, chopped (1 cup)
- 4 medium green onions, sliced (1/4 cup)
- 4 cups thinly shredded iceberg lettuce

What 2 do!

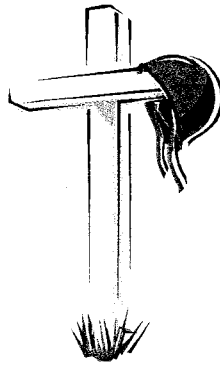
- Cook pasta as directed on package. Drain; rinse with cold water to cool. Drain well.
- Meanwhile, in 10 inch skillet; cook bacon over medium heat 8-10 minutes, stirring occasionally, until crisp. Drain on paper towels; set aside.
- In a large bowl, stir together mayonnaise, lemon juice and sugar with whisk until smooth. Stir pasta into mayonnaise mixture.
- Gently stir in bacon, tomato, and green onions. Stir in lettuce just before serving.

Makes 16 servings

Weird but True Health Fact

Your ears secrete more earwax when you are afraid than when you aren't. The chemicals and hormones released when you are afraid could be having unseen effects on your body in the form of earwax. Studies have suggested that fear causes the ears to produce more of the sticky substance, though the reasons are unclear.

(www.wellspringdaily.com)



Eco-Green Living Tip

- Please help our community be environmentally friendly by recycling. Our community is recycling the following:
 - Tin cans (must rinse)
 - Aluminum cans (must be rinsed)
 - Plastic containers with recycle symbols 1-7 (screw caps must be removed)
 - Waxed mild and juice cartons (must be rinsed)
 - Tetra packs (juice boxes)
 - Newspaper
 - White paper, brown paper, wrapping paper
 - Magazines, catalogues
 - Books (remove hard covers)
 - Box board
 - Egg cartons, mailing tubes

Thanks!!!

- Miranda Redsky, Crystal Verbonac, Terry Favell and all the volunteers, elders and participants for all the help and teachings with Harvest Week 2013.

FYI.....

- We have begun the recycling program. Please help make our community environmentally friendly by recycling. Next pick up date – November 27!!!! Please have your blue box outside at the end of your driveway. If you require a blue box, please contact Crystal or Cori.

Quote of the Month

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we

want instead to the ones we mistakenly assume
we are stuck with.

- Deepak
Chopra

Lest We Forget

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Swim fit 6-9 pm	6 Bowling Night 4 kids 4-7 pm Beading 7-9	7 Swim Fit	8	9
10	11 Remembrance Day	12 Swim fit 6-9 pm	13 Bowling Night 4 Teens 4-7 pm Beading 7-9	14 Swim Fit	15 Healthy Living Food Boxes - delivery	16
17	18 Sewing 4-6 p.m. Addictions Week Begins	19 Swim Fit 6-9 pm	20 Elder's Night 4-6 pm Beading 7-9 pm	21 Swim Fit 6-9 pm	22	23
24	25	26 Swim Fit 6-9 pm	27 Cooking for Life 4-6 pm	28 Swim Fit 6-9 pm	29	30