

## OW FINANCIAL

### Prepare To File Your 2010 Tax Return

With the beginning of 2011 it is time to prepare your 2010 tax return. Remember, you will need to file a tax return to:

- receive the Canada Child Tax Benefit (CCTB), Ontario Child Benefit (OCB) and Universal Child Care Benefit (UCCB)
- receive the Working Income Tax Benefit (WITB)
- claim a refund
- claim the Goods and Services Tax (GST)
- claim the Children's Fitness Tax Credit
- claim tuition, education and textbook credits

For more information on filing a tax return contact Canada Revenue Agency (CRA) at 1-800-959-8281 or [www.cra.gc.ca](http://www.cra.gc.ca)

### T5007 Statement of Benefits (T5)

You will need to include a T5007 statement of benefits form, or "T5" for short, with your tax return. Your T5 shows the amount of social assistance paid to you for the tax year, January to December. The Province will mail this form to you by the end of February 2011.

### Free Tax Clinics in York Region

Check the February 2011 issue of OW News for information on the Institute of Chartered Accountants (ICAO) free tax clinics in York Region.

**Please remember to send in your Income Reporting Statement on the 16th of the month and attach all pay stubs if you are reporting income.**

## EMPLOYMENT AND TRAINING

### Life Success Strategies Workshops

**Are you an Ontario Works recipient?  
Exploring career options?  
Looking for life success skills?  
We can help!**

The free four-week "Life Success Strategies" Life Skills and Career Options Program offers individual coaching and group workshops, including:

- Skills assessment
- Success strategies for the workplace
- Personal and professional communication skills
- Motivation and self-esteem
- Motivational speakers
- Self-marketing techniques
- Goal setting and action planning
- Housing search
- Transportation tips

To register for the program, contact Pam Mitchell at 1-888-256-1112 ext. 2265

Newmarket - January 31 to February 28  
Keswick - March 7 to April 1  
Richmond Hill - April 4 to May 3  
Vaughan - May 16 to June 13

### York Region Employment Resource Centres

**(ERCs)** are self-serve centres that help Ontario Works participants to learn more about careers and job opportunities. ERCs provide the tools and resources needed to get back to work.

You will receive referral services to employment programs in the community to help you with your employment goals:

- Upcoming job fairs
- Job search workshops
- ESL classes
- Literacy classes

You will have access to job search tools and resources that will help you in your search for employment:

- Business directories
- Resource books on tips for resume writing and interview skills
- Daily newspapers
- Internet access

You will have free access to and use of:

- Photocopier
- Computers
- Telephone
- Fax machine

**There are four ERC locations in York Region that you can use Monday to Friday 8:30 a.m. to 4:30 p.m.**

Georgina ERC – 24262 Woodbine Ave  
Newmarket ERC – 62 Bayview Parkway  
South Service Centre ERC – 50 High Tech Rd., 3rd floor  
Vaughan ERC – 3901 Hwy 7, 5th floor

**TIPS FOR A GREAT RESUME**

- Find out what skills, knowledge and experience are needed to do the job.
- List three or four of your strongest skills that make you a good candidate for the job.
- For each key skill, think of accomplishments from your past work history (paid or unpaid) that show these skills.
- Describe each accomplishment using simple, powerful, action verbs (i.e. plan, coordinate, achieve).
- Check carefully for grammar and spelling – have someone else check it too.

**NUTRITION**

**Winter Comfort Foods**

Comfort foods are always welcome during winter. The colder weather seems to suit hearty soups, stews and meals that are slow cooked. Soups and stews are a great way to include vegetables, grains and legumes. They are easy, satisfying and economical.

Here are some useful tips for making soups and stews:

- Stock your cupboard with basic soup and stew ingredients such as canned or dried beans and peas, rice, flour, seasonings and powered soup base
- Include celery, onions, potatoes, carrots on your grocery list
- Cook soups and stews slowly with low heat and stir occasionally. Soups and stews freeze well. They will keep in the freezer for a few months. When preparing soup or stew, make double the amount you need and freeze half for another day. Tip: water expands as it freezes, you will need to leave at least one inch (2.5 cm) of room at the top of the container or freezer bag.

**Seasonal Flu Clinics**

For information on seasonal flu clinic locations, dates and times, visit [www.york.ca](http://www.york.ca) or call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 to speak with a Public Health Nurse.

**FAMILIES & CHILDREN**

**COME IN AND DISCOVER**



FREE Early Child Development and Parenting Programs in your community for parents and caregivers with children up to six years old.

For more program information and times of operation, please contact the site you are interested in attending.

**EAST GWILLIMBURY**

Holland Landing Public School  
905-841-1314

**GEORGINA**

St. Bernadette Catholic Elementary School and Black River Public School  
905-722-9630

St. Thomas Aquinas Catholic Elementary School, Keswick  
905-722-9630

**THORNHILL**

Promenade Mall  
The Family Resource Centre  
905-882-8509

**MARKHAM**

Unionville Library  
905-471-1620  
Markham Library  
905-471-1620  
Ashton Meadows Public School, Markham  
905-471-1620  
Parkland Public School  
Markham  
905-472-9685  
Milliken Mills Library  
Unionville  
905-471-1620

**RICHMOND HILL**

Doncrest Public School  
905-731-9596  
Lake Wilcox Community Centre  
Oak Ridges  
905-883-6901  
Moraine Hills Public School  
Richmond Hill  
905-883-6901  
Charles Howitt Public School  
Richmond Hill  
905-841-1314  
16th Avenue Public School  
Richmond Hill  
905-883-6901

**VAUGHAN**

Maple Community Centre  
905-832-8500 or 905-773-4323 ext. 318 for Mother Goose  
Maple Creek Public School, Maple  
1-866-404-2077  
Teston Village Public School, Maple  
1-866-404-2077  
King City Library  
Mother Goose Program  
905-773-4323 ext. 318  
Michael Cranny Public School, Vaughan  
1-866-404-2077

**RECIPE - CHICKEN SOUP**

**Chicken Soup**

**Ingredients**

- 2 cups cooked chicken, diced (500 ml)
- 2 to 3 stalks celery, diced
- 1 medium onion, chopped
- 2 to 3 medium carrots, diced
- 2 tbsp vegetable oil (25 ml)
- 1 tsp dried basil (optional) (5 ml)
- 6 cups chicken stock (1.5 l)
- ¾ cup frozen green peas (175 ml)
- ¾ cup pasta, uncooked (175 ml)
- Salt and pepper

**Directions:**

1. Prepare chicken and vegetables as directed.
2. In a large pot, heat the oil. Sauté the celery, onion, carrots and basil in the oil.
3. Add the chicken stock.
4. Bring to a boil, then reduce the heat. Cover and simmer for 30 minutes.
5. Add the green peas, pasta and chicken; simmer for 15 minutes more.
6. Add salt, pepper or other seasonings if needed.

**Preparation Time:**  
**20 minutes**

**Cooking Time:**  
**45 minutes**

**Makes:**  
**six servings**

**Tips**

- Turnips, potatoes, or green beans can all be added to this soup.
- To give the soup a smoother texture, mash with potato masher or puree a portion of the soup in a blender.
- To make chicken and rice soup, replace the pasta with 1/3 cup of uncooked rice. Try 1 tsp of curry powder instead of the basil.