

OW FINANCIAL

Preparing Your 2011 Tax Return

With the start of 2012, it's time to prepare your 2011 tax return. Remember, you will need to file a tax return to:

Receive:

- The Canada Child Tax Benefit (CCTB)
- The Ontario Child Benefit (OCB)
- The Universal Child Care Benefit (UCCB)
- The Working Income Tax Benefit (WITB)

Claim:

- A refund
- The Goods and Services Tax Credit (GST)
- The Ontario Sales Tax Credit (OSTC)
- The Children's Fitness Tax Credit
- Tuition, education and textbook credits

For more information about filing a tax return, contact Canada Revenue Agency at 1-800-959-8281 or www.cra.gc.ca

T5007 Statement of Benefits (T5)

You 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 2012.

Free Tax Clinics in York Region

Check the February 2012 issue of OW News for information on the Institute of Chartered Accountants (ICAO) free tax clinics in York Region.

EMPLOYMENT AND TRAINING

TIPS FOR A GREAT RESUME

- Find out what skills, knowledge and experience are needed to do the job you're applying for
- 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 such as planned, coordinated, achieved
- Check carefully for grammar and spelling – have someone else check it too

HEALTH

York Region Monthly Community Immunization Clinics

The York Region Community and Health Services department offers community immunization clinics each month for school-age children. These clinics provide students and their parents/guardians with convenient opportunities to keep immunization records up-to-date. Immunizations provided at these clinics are available to residents of Ontario at no cost.

Town/City	Clinic Date	Clinic Location
Richmond Hill *New Location	First Wednesday of every month, 3:00 p.m. to 7:00 p.m.	Welcome Centre Richmond Hill South Hill Shopping Centre 9325 Yonge Street, Unit 31A
Markham *New Location	Fourth Wednesday of every month, 3:00 p.m. to 7:00 p.m.	Welcome Centre Markham North 8400 Woodbine Avenue, Suite 102-103 **Please park at rear of building**
Newmarket	Third Wednesday of every month, 3:00 p.m. to 7:00 p.m.	The Royal Canadian Legion, 707 Srigley Street
Vaughan *New Location	Second Wednesday of every month, 3:00 p.m. to 7:00 p.m.	Welcome Centre Vaughan 9100 Jane Street, Building H, Unit 56-57
Georgina	Fourth Tuesday every other month (February, April, June, August, October) 3:00 p.m. to 6:30 p.m. No clinic held in December	90 Wexford Drive, Keswick (Georgina Ice Palace - All purpose room)

Appointments are not necessary for routine immunizations.

For more information, contact *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933, or visit www.york.ca/immunizations.

Do you want to quit smoking?

You may be eligible to participate in a treatment study using Nicotine Replacement Therapy (nicotine patch) to help you quit smoking

Free of Charge - Confidential

Tuesday, January 31, 2012

12:00 p.m. to 3:00 p.m. in Richmond Hill

6:00 p.m. to 9:00 p.m. in Markham

Call 905-830-4444 ext. 3052 for details.

York Region Community and Health Services Department

NUTRITION

HAPPY NEW YEAR!

We often start off the new year by making resolutions about our health. Here are some small changes to your lifestyle that can result in great benefits to your health. Making these changes over a longer period of time will increase your chances of success:

- Eat at least one or two more servings of vegetables and fruits each day. *Eating Well with Canada's Food Guide* recommends adults over the age of 19 eat seven to 10 servings of vegetables and fruits each day.
- Start your day with a healthy breakfast that includes at least three of the four food groups from *Eating Well with Canada's Food Guide*. Breakfast kick starts your metabolism and it also controls your appetite for the day. It prevents you from overeating at later meals.
- Stock up your pantry and fridge with healthier snack options, such as unsalted nuts, vegetables, fruits, low-fat and low-salt crackers, low-fat yogurt and cheese.
- Set aside some time in the week to plan your meals and snacks ahead of time.
- Make an effort to include physical activity as part of your day. *Canada's Physical Activity Guide to Healthy Active Living* recommends Canadians be physically active for 30 to 60 minutes on most days by doing moderately intensive activities such as brisk walking.
- Visit www.canadasfoodguide.org and www.paguide.com for more information or for copies of the guides.

CHILDREN AND FAMILIES



Rose of Sharon
Services for Young Mothers

Young Parent Programs for Mothers under the age of 25

- Learn about parenting tips and resources
- Take part in educational programs
- Join-in on fun activities with your baby or child in a welcoming environment

Five locations including: Keswick, Markham, Newmarket, Richmond Hill and Woodbridge

For more information please call:

***Rose of Sharon Services
for Young Mothers***

Phone: 905-853-5514 Ext. 231

Toll free: 1-877-516-3715

Golden Blueberry Pancakes

These pancakes are great whether it's a weekend morning or a weekday supper.

2 cups	all-purpose flour	500 mL	3	eggs	3
1 cup	whole wheat flour	250 mL	2 1/2 cups	milk	625 mL
1 tbsp	granulated sugar	15 mL	1/2 cup	plain yogurt	125 mL
1 tbsp	baking powder	15 mL	1/4 cup	vegetable oil	60 mL
1/2 tsp	baking soda	2 mL	2 cups	fresh or frozen blueberries	500 mL
1/2 tsp	salt	2 mL	1 tsp	soft margarine	5 mL

☉ In large bowl, whisk together all-purpose and whole wheat flours, sugar, baking powder, baking soda and salt. In separate bowl, whisk eggs, milk, yogurt and oil; pour over dry ingredients and sprinkle with blueberries. Stir gently just until combined. A few lumps should remain.

☉ In large non-stick frying pan over medium heat, melt margarine. Ladle about 1/4 cup batter per pancake into frying pan. Cook for about 2 minutes or until bubbles break in batter; turn and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Makes 4 to 6 servings. Source: Adapted from 2006 Milk Calendar, Dairy Farmers of Canada.

TIPS:

- Need more fibre? Top your pancakes with additional fruit such as blueberries, strawberries or bananas.
- Freeze any leftover pancakes in freezer bags. Pop into the toaster or microwave for quick breakfasts and snacks.