

Telegram From

February 2010



Celebrate Love, Family & Time Together

This month contains a special holiday-Family Day. It allows us to acknowledge the people that are closest to us. (See recipe on pizza making- a fun way to celebrate). Family - whether it is your genetic family, work colleagues or close friends are networks that influence and help build your lives; they are there for us through the good and bad. To build a great family all you need is *time*. Time is a special commodity that needs to be utilized and thought about. We are offering a seminar on de-cluttering, which will help with downsizing stuff, create more organization in the home, which allows for more time to live the life you want. As we begin to clear things keep in mind donations to those less fortunate. Seven Shores is opening up the cafe in February for gently used items for the Family Violence Relocation Project. A way for us to help rebuild some families in our community. We all deserve love, family and a great use of our time.

Cheers,

Amy & Sean Zister

CELEBRATE LOVE



Valentines at Seven Shores

- ♥ Locally Baked Sweetheart Cookies
- ♥ Quality Chocolate from Local Chocolatier, Exquisitely Chocolate
- ♥ Fun handmade Heart Felt Pins from Local Artist
- ♥ Fair Trade Gifts and Crafts from all over the world



CELEBRATE FAMILY

Family Meal Deal (group of 4 or more)

Mention the Family Meal Deal and Receive 10% off total food/beverage bill at Seven Shores until end of February.

CELEBRATE TIME



SEMINAR DECLUTTERING WITH A PURPOSE

Keep your New Year's resolution to organize your home! Start your spring clear-out early, have more time, and donate your excess items to persons in need. Seminar will be led by Mary Ann Hiscott, a Professional Organizer.

She will get you started on "downsizing" your stuff, so you clear and declutter the excess, and organize your home. Living with LESS means you have MORE time - to spend with family, friends, education or hobbies.

Bring questions, or organizing concerns, and relax with coffee or tea while you develop your plan to really make a difference with this year's spring cleaning.

When: Wednesday February 17th, 2010

Where: Seven Shores Urban Market & Cafe

Time: 7:00 pm

R.S.V.P by Sat. Feb. 13th info@sevengshorestrading.com
or 519-342-0916.



Gently Used Items Wanted for Family Violence Relocation Program

Imagine you receive a key to an empty place. What would you need to call it home?

Tables, chairs, desks, dishes, pots, Tupperware, cleaning products, soap, Kleenex, laundry soap, etc.

Seven Shores is accepting any gently used items for the Family Violence Relocation Program, until the end of February.

Bigger items email, info@sevenshorestrading.com, and we will gladly come pick them up.

Help Seven Shores Rebuild Safe Happy Homes

Help Us Support: "Procession of the Species Parade"



Photos of other Procession of the Species Parades in the world by Laura Killian

Kitchener-Waterloo will host their first annual **Procession of the Species** Parade on April 24, 2010. Procession of the species is a community arts-based Earth Day celebration where people flood the street to flaunt their favourite species or natural element whether it is flora, fauna or fungi, the sky is just the beginning! Seven Shores can't wait!!

Check out www.kwprocession.ca.

Volunteers and materials are also needed so please contact us if you can help at kwprocession@gmail.com

Inspiring KW Designer – Fashion Couture

Amanda Da Silva

Spring - Summer 2010 collection

Salon Showing

Premiering the collection of sample designs handmade to fit.

Saturday February 13th, 2010

2pm reception/3pm show/after show mingle

More info amanda@amandadasilva.com



Lose Weight, Feel Great & Prevent Disease.
Kick Off 2010 The Right Way With A Transformation Weekend, All About **YOU** and **YOUR** Health!

Join Naturopathic Doctors, Kristijana Rakic, Robin Walsh, ND And Other Guest Speakers.

Guest speaker **Sean Zister** of **Seven Shores** Presenting on Conscious Consumerism in The Region of Waterloo.

February 27-28, 2010

To know more visit <http://www.vibrant-living.ca/>

Foods to Beat the February Blues

Along with maintaining happiness through a positive mental attitude, you can actually stimulate it through the food you eat.

Particularly foods like **oily fish, herrings, sardines, mackerel, salmon and tuna**. Also in foods that contain tryptophan - which is found in **turkey, chicken, avocados, bananas, nuts, eggs, cheese, milk, legumes (peas, beans, pulses, soya)**. In smaller amounts **potatoes, wholegrain breads, cereals, and brown rice**. Eating a balanced diet that includes some of these foods can help keep you happy.

Feed your Soul- February Chili Month

Take the chill out of February with a warm bowl of Seven Shores Chili- vegetarian or meat.

Recipe:

Making pizza together with friends and family is always a fun event in our household and a new tradition on Family day. Everyone loves creating their pizza and prepping is all part of the fun. Just add a salad and make your own ice cream sundaes for dessert and you have a perfect, family day meal planned.

Perfect Pizza Dough

<http://food.chatelaine.com>

Preparation time: 5 minutes * Standing Time 30 minutes * Baking Time 10 minutes

Makes 1 dough for 1 large or 2 small pizzas

Ingredients

- 1 cup (250 mL) warm water
- 1 tsp (5 mL) granulated sugar
- 8-g packet quick-rise or regular dry yeast
- 2 tbsp (30 mL) olive oil
- 3 cups (750 mL) all-purpose flour
- 1 1/2 tsp (7 mL) salt or 1 tbsp (15 mL) kosher salt
- 2 tbsp (30 mL) all-purpose flour (if needed)

1. Pour water into a large bowl or measuring cup. Water should be between 100F (38C) and 110F (45C), slightly higher than body temperature. Stir in sugar, then yeast. Let stand until mixture is foamy on top, from 5 to 10 min, then stir in oil.
2. Meanwhile, whirl 3 cups (750 mL) flour and salt in a food processor fitted with a metal blade. While whirling, slowly pour in yeast-oil mixture until it begins to form a ball. If dough doesn't come together, pulse in another 2 tbsp (15 mL) flour.
3. Turn dough out onto a lightly floured surface, and then dust your hands with flour. Using the base of your palm,

knead several times, rotating the dough a quarter turn after each knead, until it forms a smooth ball.

4. Place dough in an oiled bowl. Turn to coat evenly. Spray a piece of waxed paper with oil and place on top of bowl. Cover with a damp cloth. Leave dough in a warm place until it doubles in size, 30 to 60 min. Remove it to a floured surface. Punch down. Use right away, refrigerate in a sealed plastic bag up to 2 days, or freeze up to 1 month.
5. To bake, place rack in bottom third of oven. Preheat to 500F (260C). Oil a pizza pan or large baking sheet or sprinkle it with cornmeal. Stretch, press or roll out dough on counter or piece of parchment. Slide dough or parchment onto pan. Pull out paper. Add toppings. Bake until bottom of dough is golden, 10 to 15 min.



Add Toppings

Now the fun part is add any topping of your liking ☺ We love to add local garlic, red onion, cremini mushrooms, living spinach, Bright Cheese and many others – all available from our Market Stand and through our Tuesday and Friday Food Box. To know more visit: www.sevenshorestrading.com. Sign up from our website or in the cafe.



Seven Shores Urban Market and Café
8 Regina St. N – Unit 5, Waterloo, ON.
www.sevenshorestrading.com
519-342-0916

Seven Shores nominated by the Chamber of Commerce “**Business of the Year (employees under 20) 2010**”. Thank you for all your support.