



The Link



Dec 2010 /
Jan 2011



'Tis The Season of Giving!

There are many gifts that you can give this holiday season. It seems that everywhere you look, it is all about giving! Have you thought about giving a *different* gift?

How about giving *hope*?

Instead of spending your money on another set of body lotions, or high tech devices, why not make a REAL and *lasting* difference in a little one's life?

Giving to Big Brothers Big Sisters will give *hope* to a child who needs a little brightness in their life. They will have the support of a trusted adult. With such a solid platform, they will uncover new talents, new hobbies, new interests, and continue to discover their full potential.

Give hope. Give local. Give to Big Brothers Big Sisters of the Cowichan Valley. Go to Canadahelps.org and search for 'Big Brothers Big Sisters Cowichan'

Cheques can be mailed to: 24 -127 Ingram St, Duncan B.C. V9L 1N8

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Bowl For Kids Sake March 6, 2011

Dig out your bowling shoes, Big Brothers Big Sisters will be hosting its 10th annual Bowl for Kids Sake on March 6th. Mark your calendars; come out for an afternoon of bowling with great incentive prizes to raise funds to support the local Children and Youth who are in need of a mentor. Time slots of 1-3 pm and 3-5 pm will be available. Book soon as spaces fill up fast.

To register please call our office at 748-2447.

Raising Funds for BFKS just got easier this year. With an online donation program you will be able to reach friends and family anywhere in the world. When registering for this event, let us know you're interested in online fundraising and we will assist you in getting started. We look forward to an exciting event. Come out and make a difference... you can do it!!!

Big Brothers Big Sisters of the Cowichan Valley

**Office closed
Dec 23/10 thru
Jan 5/2011**

Ph 250-748-2447

**Email
bbscowichan@shaw.ca**

Tree Chipping ~ JANUARY 8th and 9th

Cowichan Valley Bottle Depot

The Cowichan Valley Bottle Depot is hosting its Annual Tree Chipping event on January 8th and 9th 2011. If your looking for a place to recycle your tree, this is the place. Drop it off at the Cowichan Valley Bottle Depot and make a donation to Big Brothers Big Sisters.

Volunteer support needed ~ please phone and sign up

Every year we count on volunteer support to make this a successful event. We will need volunteers to support this event for two hour time slots. We will be contacting everyone shortly, it's always great to get Bigs and Littles out for this event.

LET'S CELEBRATE

Merry Christmas and Happy New Year

On behalf of Big Brothers Big Sisters we would like to thank-you for an amazing year... Thank-you to all our Volunteers, Board of Directors, Members, School Liaisons, Principals and partnership schools and school staff for all your hard work and contributions to our programs. We wish everyone a safe and happy holiday and best wishes for 2011. The office will be closed from December 23rd - January 5th. Messages and emails will be check periodically and responded to as per need basis. Thank-you.

Birthdays

ISM Jane	Dec 2
LB Benjamin	Dec 15
LS Asha-Rose	Dec 15
LS Jaquelle	Jan 16
LB Tristan	Jan 16
LS Christina	Jan 26
LS Madison	Jan 27

Anniversaries

BS Judy & LS Francine	Jan 21 2 yrs
BS Chelsea & LS Tara	Jan 28 1 yr

A Big Thank-you to Mr. Mikes!

Mr. Mikes held a fundraiser this summer with every Mike burger sold \$1 was donated to Big Brothers Big Sisters. \$3, 374.00 was raised for Big Brothers Big Sisters Mentoring Programs. WAY to Go!!!

Attention all parents: Scholastic Books donates books to our organization each year. Please stop by the office and pick up some great books. There is a variety of age groups and diversity . These make great additions to Christmas gifts, so please come by and pick some out. Thank-you to Scholastic books for your awesome donation.

Save More, Give More!

The final countdown to the holidays is officially here, so get ready to shop! On **December 22nd**, \$1 from every MasterCard transaction in Canada will be donated to Big Brothers Big Sisters of Canada.

Christmas Activities for Bigs and Littles

- Create a popcorn chain
- Make some snowflakes (check out: snowflakes.barkleyus.com to try out your design)
- Bake and decorate sugar cookies
- Go Christmas Carolling
- Celebrate Hanukah and make some Potato Latkes
- Write a letter to Santa
- Check out the Live Nativity Play at The Church of Jesus Christ of Latter-day Saints. Check the local newspaper for times and dates. Livestock is part of the cast!
- Decorate the house with freshly clipped evergreen branches

Potato Latkes

Ingredients

- 2 cups peeled and shredded potatoes
- 1 tablespoon grated onion
- 3 eggs, beaten
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons salt

1/2 cup peanut oil for frying

Directions

1. Place the potatoes in a cheesecloth and wring, extracting as much moisture as possible. Or leave in a strainer to drain for 20 minutes.
2. In a medium bowl stir the potatoes, onion, eggs, flour and salt together. In a large heavy-bottomed skillet over medium-high heat, heat the oil until hot. Place large spoonfuls of the potato mixture into the hot oil, pressing down on them to form 1/4 to 1/2 inch thick patties. Brown on one side, turn and brown on the other. Let drain on paper towels. Serve hot!

Christmas Sugar Cookies!

Use flour on utensils to keep dough from sticking: Dip the cookie cutters, and dust the spatula before transferring uncooked dough to a sheet. Rolling dough between two sheets of floured parchment will keep it from sticking to the rolling pin. You can store cookies in airtight containers at room temperature, up to 1 week. To make icing, sift 1 1/2 cups confectioners' sugar into a small bowl. Whisk in 3 to 4 tablespoons milk, water, or lemon juice, 1 tablespoon at a time, until smooth and thick enough to coat the back of a spoon. If too thin, whisk in more sugar; if too thick, add more liquid.

Prep: 90 minutes

Total: 2 hours

Ingredients

Makes 32

- 2 cups all-purpose flour, plus more for rolling
 - 1/2 teaspoon baking powder
 - 1/4 teaspoon salt
 - 1/2 cup (1 stick) unsalted butter, room temperature
 - 1 cup granulated sugar
 - 1 large egg
 - 1 teaspoon vanilla extract
- Assorted candies, sprinkles, or colored sugars, for decorating (optional)

Directions

1. In large bowl, whisk flour, baking powder, and salt. With an electric mixer, cream butter and sugar until light and fluffy. Beat in egg and vanilla. With mixer on low, gradually add flour mixture; beat until combined. Divide dough in half; flatten into disks. Wrap each in plastic; freeze until firm, at least 20 minutes, or place in a resealable plastic bag, and freeze up to 3 months (thaw in refrigerator overnight).
2. Preheat oven to 325 degrees. Line baking sheets with parchment. Remove one dough disk; let stand 5 to 10 minutes. Roll out 1/8 inch thick between two sheets of floured parchment, dusting dough with flour as needed. Cut shapes with cookie cutters. Using a spatula, transfer to prepared baking sheets. (If dough gets soft, chill 10 minutes.) Reroll scraps; cut shapes. Repeat with remaining dough. Bake, rotating halfway through, until edges are golden, 10 to 18 minutes (depending on size). Cool completely on wire racks. To ice cookies, spread with the back of a spoon. Let the icing harden, about 20 minutes. Decorate as desired.

Big Brothers Big Sisters of the Cowichan Valley

#24 - 127 Ingram Street
Duncan, BC V9L 1N8

Phone 250-748-BIGS (2447)

Fax 250-748-2445

Email bbscowichan@shaw.ca

Website bbscowichan.ca

Office Hours

Mon. 9:00am-3:00pm

Tue. 9:00am-4:30pm

Wed. 9:00am-4:30pm

Thu. 9:00am-4:30pm

Fri. 9:00am-4:30pm

Erin is available to
make appointments
outside of office
hours

Start Today
Have Fun
Mentor a
Child
Call 748-BIGS



Clothing Donation Bins

Big Brothers Big Sisters is excited to be unveiling a clothing donation program. Now you can clear out your closet to help BBBS Cowichan! Metal deposit bins will soon be located on the corner of Ingram St and Canada Ave. The bins will be emptied regularly. The more clothing that they are filled with, the more funds BBBS will receive to support our programs. So if you have some old clothes kicking around, why not put them to good use? Stay tuned for more details.

Big Brothers Big Sisters is C-ON-N-E-C-T-E-D!!

That's right! We are on-line. Facebook and Twitter, there are many ways to stay connected to us. Find out what is happening, discuss important issues, share ideas of things to do with your Big or Little, find out about upcoming events & poke us, send us a message, follow us, just get involved!

Facebook: Big Brothers Big Sisters of the Cowichan Valley

Twitter: BBBSofthCV

In School Mentors and Teen Mentors apply now...

Kids are waiting for Big Buddies. Come and spend one hour per week with a child at their school participating in activities you both enjoy. Kids who participate in our programs show signs of increased self-esteem, improved relationships with adults and peers and increased school attendance all because one adult spends time with them each week. Call our office today and learn how much fun this program is. Take a break from life and make a difference to a kid. One hour simply changes a life... **250-748-2447**

Board Members

We are currently seeking Board Members. If you would like to participate on an active Board and make a difference in the lives of children and youth that live in your community, call the office today! 250-748-BIGS (2447)

Too busy to commit to Board meetings, become a member. As a member you will receive emails letting you know what is happening in our organization. You would be invited to participate when it suits you. A LITTLE bit of your time makes a BIG IMPACT on our organization. Call the office today and learn more about membership and committee work.

"We acknowledge the financial support of the Province of British Columbia."