

- I n t r o d u c i n g -



Possibilities Inc.

Our Holiday Party - A HUGE SUCCESS!

Jesse Stong, Learning Network Coach



This year's holiday party was a hit! There were a lot of good times, great conversations and gifts for all the kids! Every table at the Mandarin was full, and everyone left with a full stomach of great buffet food! The holiday elves did a great job making sure everyone was playing games and having fun. There was a Jelly Bean Count contest that everyone got to participate in. CONGRATULATIONS TO NORMA for guessing the exact amount, she gave the jar of Jellybeans to Neil who shared it with all the kids (what a nice guy!).

It was so great to see everyone get together as a community and invite family members to join in on the holiday joy. Even though the party was short the memories will last a long time. Hopefully we will have even more people at next year's party, even more games to play and even more food to stuff ourselves full with!

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please e-mail emanor@abipossibilities.ca**

The Year in Review

Jackie Wilson
Community Administrator

Wow! What a difference a year can make. Since my return to the coop I have seen some wonderful and exciting changes.

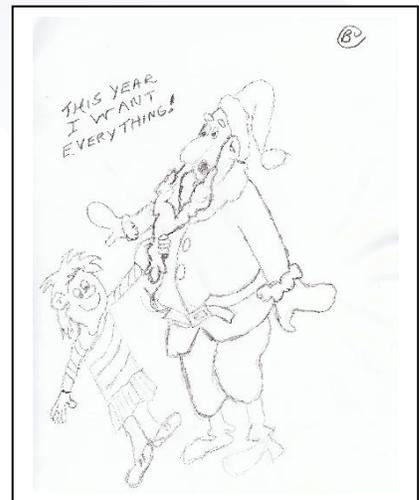
Having Kalsang stay on at the coop was such a wonderful surprise and seeing the work he has been doing on our Action step process has been very rewarding. CAP Coordinators & Facilitators are making Member goals move forward more regularly. Scott is continuing to challenge us and I've seen some wonderful progression within many of our roles as a result.

Our Board meetings have had regular attendees and the holiday party this year was amazing. It's so exciting to see how our community grows with each year. To think 12 years ago our first holiday party had about 15 people... this past weekend we had over 60 people! From what I have seen it has been a very productive 2009.



I hope everyone has a wonderful holiday season and here's to many more wonderful things happening for everyone in 2010.

Drawings Submitted by
Bob Castator



Jokes for the Holiday Season

Submitted by Bob Castator

Q: Where do polar bears vote?
A: The North Poll.

Q: What's the first thing elves learn in school?
A: The 'elf'-abet!

Q: What do you get when you cross a snowman with a vampire?
A: Frostbite.

The Heart Economy and the Art of Giving

Kalsang Phuntsok, Accountability Coach

We deal with money in our life every day and are aware of what economy means to us, although aspects of the business economy may perplex our thoughts every now and then. By and large we consider the exchange of money and material goods as economy. Simple mathematics – your wallet gets lighter as you give.

I am not speaking about the money economic but looking at the economy of our hearts. The economy of our heart is different, which is directly opposite of the money economy. The more you give, the more you have!

There are no large or small gifts. Everything you give will be remembered and appreciated. This cannot be doubted; you must experience it for yourself. The smallest example is enough: when you play with a small child, and you laugh, and you give, and you kiss – you have felt the love within grow stronger.

Likewise when you smile to a stranger they return it back and enrich both. Every time you are able to share your heart and give without the expectation of a return, you are enriching yourself. If you look at the gift giving in this special festive season, you know how happy or special you feel on receiving the gifts and by your gifts the others are feeling the same thing. But gifting without any expectation of the return gift will make you happier. The art of giving is doing with compassion which is also the most powerful way of becoming happy.

At Possibilities we are all working on giving the gift of skills, which, if done compassionately, has a huge potential in our Member's heart economy. This helps you enjoy what you are doing. It also gives you the opportunity to strive for more skills to give.

Let me give a toast to everyone for the gifts you all are able to give to the Members and amongst each other. Happy Holiday and May the New Year bring Happiness and Prosperity to us all.

Welcome to Our Community

Sherri Wheeler
CAP Coordinator

In 2009 we welcomed two new Members to our community. Matthew, who has been here since March, and Peter, who been here since August.

It has been great to get to know both of these Members and see how everyone at the co-op has helped make them feel comfortable. They have truly become an invaluable addition to our Community.

Dutch Apple Pie

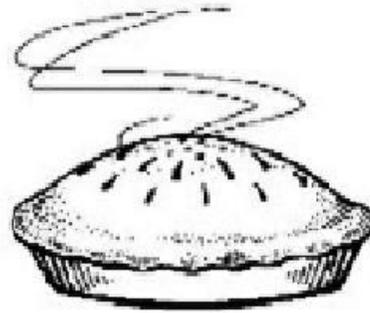
Recipe submitted by Kaley Smith

Ingredients

- 3-5 medium cooking apples
- 1 cup white sugar
- 6 - 8 tbsp flour
- 2 tbsp butter
- 1/4 cup cream
- Cinnamon to taste
- Brown sugar to taste
- 1 pie crust (homemade preferably)

Directions

1. Peel and slice apples.
2. Mix sugar, flour and butter together. Divide mixture in half.
3. Put half of the mixture in the bottom of pie shell.
4. Arrange apples on top.
5. Add the remainder of the mixture on top.
6. Pour cream over top.
7. Sprinkle with cinnamon and brown sugar to taste.
8. Bake at 350°C for approximately 35 – 45 minutes (until apples are baked).
9. Remove from oven. Let cool.
10. Enjoy!!!



Ours is a Mission to Enlighten

Quote by Dan Wilkins

Imagine a world of diversity and interdependence where people are respected simply for who they are; where commonalities are recognized and bring us closer; where differences are celebrated for what they provide: opportunities to bring something unique and individual to our community. **Ours** is a mission to enlighten.

We Want to Hear From You!

Please e-mail your articles to Kaley at ksmith@abipossibilities.ca to be published in the next Possibilities newsletter. We are looking for reviews of events (pictures are welcome), personal insights, recipes, jokes and advertisements of skills or interests you would like to share with others. Thanks in advance!