



Township of Chisholm COVID-19 NEWS

Everyone has been inundated with messages of washing hands, socially distancing and wearing masks but this publication is not about that! While all these things are important, just as important is our mental health.

Message from the Mayor:

I think people are feeling bogged down and frustrated, and they want it to be over. They want to go back to the normal we had before COVID. But the reality is, unfortunately, that's not coming any time soon.

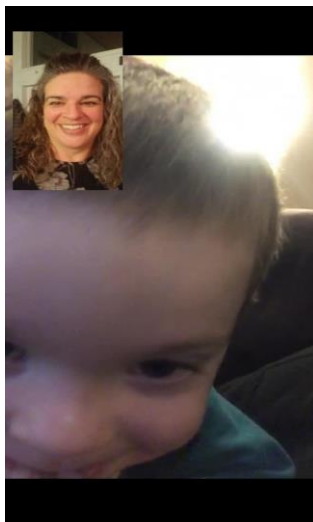
So, Staff, Council and I are asking you the people of Chisholm Township to highlight your celebrations. Let's not focus on the negative and get bogged down in that negativity. Let's switch our thinking and try to look at things from a positive light, and this will help change how we get to the end. This idea came to me while taking part in a virtual event for mayors titled, "Stay Home, Stay Safe, Save Lives", hosted by Municipal Affairs and Housing Minister Steve Clark and Heritage, Sport, Tourism and Culture Industries Minister Lisa McLeod.

We are looking for residents' examples of how you are remaining resilient and positive during this pandemic. Your stories, pictures or short videos (under 15 sec) will be posted to the township's Facebook page and/or in a future publication to give other people ideas for coping. Let's work together Chisholm and help everyone to get through this in the best way possible.

Please send submissions to info@chisholm.ca or through private message on the township's Facebook page.

Below is an example from Jenny Leblond, CAO Clerk Treasurer.

Jenny is really missing her grandkids and downhill skiing. To help pass the time during lockdown, she video chats with her 3 year old grandson and 1 year old granddaughter. Their mom hands her phone to the kids and you never know what you are going to get! It is usually a good laugh.



She also pulled out her old snowshoes and had to make some repairs with baler twine! Getting outside in the winter sunshine always makes her feel better whether in a lockdown or not.



Everyone is spending a lot more time in their own kitchens, why not try out a new recipe? Here is an easy one.

2-Step Chicken 'n' Biscuits

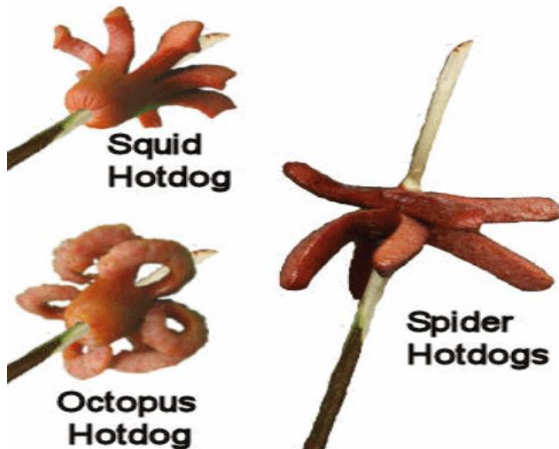
Makes: 4 servings
Prep: 5 minutes
Cook: 20 minutes

- 1 pound skinless, boneless chicken breasts, cut into cubes
- 1 can (10 3/4 ounces) Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 bag (16 ounces) frozen vegetable combination (broccoli, cauliflower, carrots)
- 8 hot biscuits, split

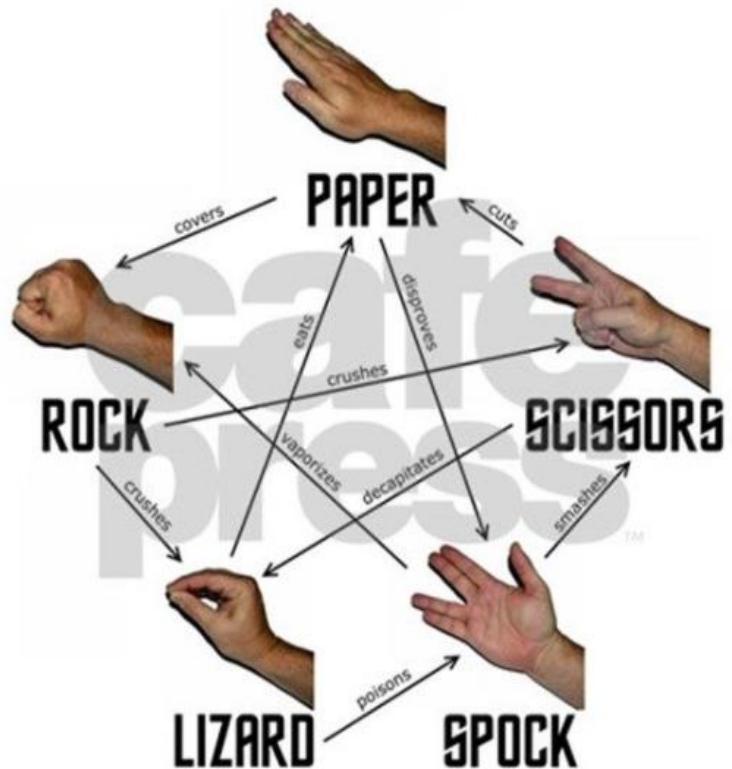
1. Cook the chicken in a 10-inch skillet over medium-high heat until it's well browned, stirring often.
2. Stir the soup and vegetables into the skillet. Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
3. Divide the chicken mixture among the biscuits.



Spring is in the air. The weather is getting warmer. Time to dig out your campfire pit and roast hotdogs. Get creative!



Looking for a challenge? Here's a more complicated version of rock paper scissors. This version is from the show "The Big Bang Theory". You can even play this with someone over Zoom or Facetime!



Easter will be here before you know it. Try putting stickers and elastics on your eggs before you put them in the food coloring.

