PUBLI-CITY

MAGAZINE

Abbotsford Business Networking

Inside stories

The Cuban Missile Crisis - 50 Years!

8 Healthy Holiday Foods!

How to Survive Your Office Party!

December 2012

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December 2012

Publi-City Magazine

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To Our Readers,

We are happy to release to you the very first issue of

PUBLI-CITY -

a free online monthly magazine designed to celebrate community, businesses and services within our city.

We wish your family a very happy and safe Holiday Season!

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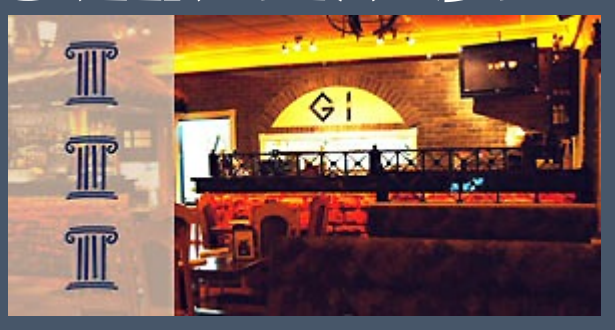

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The establishment is also air conditioned.

The Dragon Fort Restaurant has been chosen As the best Chinese Food winner for fifteen consecutive years in the Abbotsford Times Reader's Poll!

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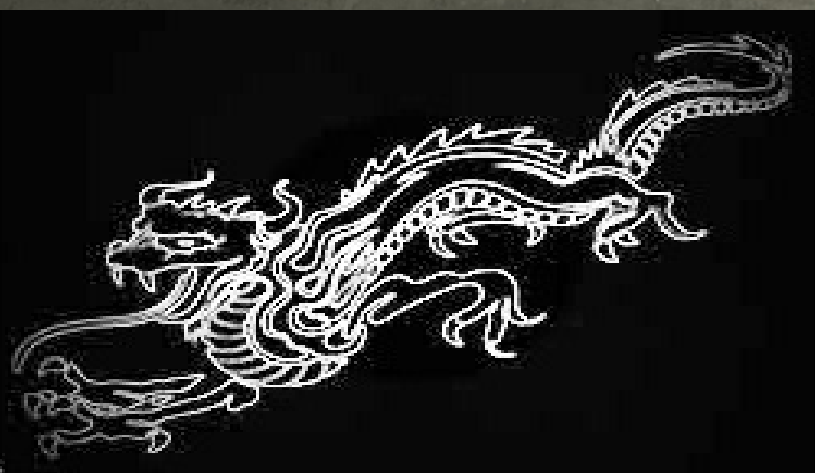

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8 Super Foods For The Holidays!

Did you know that people eat their way through about 6.000 calories on Christmas day?
That's about three times as much as we need!

Here are 10 Super Foods that you can add into your Holiday Season diet that will boost your energy. immune system. and overall health!

Dark chocolate is a potent antioxidant and can help reduce blood pressure. Remember that darker is better because processing strips chocolate of some of its health benefits.

Did you know that honey has been used to treat wounds and gastrointestinal problems?
Honey acts as an antioxidant, a substance that can prevent the effects of free radicals. Honey also contains oligosaccharides, which increase the number of good bacteria in the colon.
The darker the honey the more antioxidants it contains.

Nuts are an excellent source of protein, fibre and vitamin E. Walnuts are the only nuts that contain a significant amount of omega-3s, and are known for their high antioxidant activity.
Eat them by the handful, toss them on salads or include them in healthy desserts.

Pumpkin is a fibre-rich winter squash that is full of beta-carotene - which is good for the eyes and may help prevent some types of cancers. It is rich in vitamin C and Potassium - which helps to counteract the effects of sodium if you suffer from high blood pressure.

Cranberries are an excellent source of free-radical scavenging antioxidants like vitamins C and E. They may help reduce the risk of chronic diseases like cancer, stroke, and heart disease. Solid research also backs up their role in preventing urinary tract infections.

Berries are loaded with fibre, which helps you feel full (and eat less). They top the charts in antioxidant power, protecting your body against inflammation and free radicals - molecules that can damage cells and organs.

Sweet potatoes are an excellent source of beta-carotene, antioxidants, and fibre. They are also a rich source of vitamin A, vitamin C, manganese, B vitamins, potassium and even iron.

Surprised to find this one on the list? Don't be …
Turkey is low in cholesterol, saturated fat, and overall fat. It provides nearly fifty percent of the RDA for folic acid -- which helps protect against birth defects, various forms of cancer, and heart disease.

See Page 16 for Super Food Recipes!

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Friday November 30 - Saturday December 1
Friday December 7 - Saturday December 8
Friday December 14 - Saturday December 15
Friday December 21 - Saturday December 22
Monday December 31 (New Years Eve)

Calls taken from 9 pm until 3 am

How To Survive Your Company's Holiday Party Without Looking Like A Complete Idiot

The Do's and Don'ts of Office Party Survival

Your company may be planning a party to celebrate the end of another year. Take this opportunity to let down your hair a little, but remember that with the music, food and alcohol, it's easy to forget that a company's holiday party is still a business function!

So, remember these suggestions:

The best way to survive is to remember that you're still at work and the rules still apply. If you're talking to your boss and a drink is in your hand, he's still your boss!

Don't dance with another employee - especially if it's a slow dance. This will spark office rumors!

Don't forget that the company's behavior and harassment policies still apply - even if it‘s off-site. Assume that there is always somebody watching!

Don't be the last one to leave the party. If you begin to become intoxicated, find a cab and go home immediately!

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QUICK & EASY SUPER FOOD RECIPES

GARLIC AND THYME GREEN BEANS

Ingredients

- *3/4 teaspoon(s) salt*
- *1/4 teaspoon(s) coarsely ground black pepper*
- *2 pound(s) green beans, trimmed*
- *1 tablespoon(s) olive oil*
- *2 clove(s) garlic, crushed with press*
- *1 teaspoon(s) fresh thyme leaves*

Directions

1. *In 12-inch skillet, heat 1 inch water and 1/2 teaspoon salt to boiling on high. Add beans; heat to boiling. Simmer on low, uncovered, 5 to 10 minutes or until tender-crisp; drain. Wipe skillet dry.*
2. *In same skillet, heat oil and garlic 1 minute on medium. Add beans and cook about 2 minutes or until beans are hot. Remove skillet from heat and toss beans with thyme, 1/4 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper.*

APPLES, CHICKEN, GRAPES WRAPPED IN LETTUCE LEAF

Ingredients

- *1/2 cup chopped cooked chicken breast*
- *3 tablespoons chopped Fuji apple*
- *2 tablespoons chopped black or red grapes*
- *2 tablespoons Extra Crunchy Peanut Butter*
- *1 tablespoon lite mayonnaise*
- *2 teaspoons honey*
- *Iceberg lettuce*

Directions

1. *Chop chicken meat and fruit, mix in bowl. Mix in peanut butter, mayonnaise and honey.*
2. *Spoon into open lettuce leaf, roll and serve.*

QUINOA BLACK BEAN BURRITO

Ingredients

- *1 cup quinoa*
- *1 tbsp olive oil*
- *1/4 cup minced onion*
- *1 clove garlic, minced*
- *2 cans (15 oz each) black beans, rinsed and drained*
- *1/4 cup chopped fresh cilantro*
- *1/4 tsp chili powder (mild)*
- *Pinch of cayenne pepper (spicy)*
- *1/4 cup fresh lime juice*
- *1 cup shredded lettuce*
- *Salt*

Directions

1. *Rinse the quinoa thoroughly in a mesh strainer or sieve, drain.*
2. *Heat water in a sauce pan and bring to a boil. Add quinoa, stir, and return to a boil. Lower heat, cover, and simmer about 15-20 minutes. Remove from heat and allow to steam for 10-15 minutes.*
3. *Heat olive oil in a skillet over medium-high heat. Add onions and garlic and cook until softened. Add black beans, cilantro, chili powder, cayenne, and 2 tbs lime juice. Reduce heat to low.*
4. *When serving, top with black beans, tomatoes, avocado, and salsa.*

SWEET POTATO CASSEROLE

Ingredients

-4 pounds (5 large potatoes) sweet potatoes, peeled and cut crosswise into 3/4-inch thick slices
-1/3 cup packed dark brown sugar
-1/2 teaspoon salt
-1/4 teaspoon coarsely ground black pepper
-4 tablespoons butter, cut into small pieces
-1/2 cup walnuts, coarsely chopped

Directions

1. Preheat oven to 400 degrees F.
   Arrange half the potato slices in 13-inch by 9-inch ceramic or glass baking dish. Sprinkle with half the sugar, half the salt, and all the pepper.
   Dot with half the margarine or butter.
2. Arrange remaining potatoes in baking dish.
   Sprinkle with remaining sugar and salt, and dot with remaining margarine or butter.
3. Cover with foil and bake 30 minutes.
   Remove foil. Sprinkle with walnuts and bake, uncovered, 30 to 40 minutes longer until potatoes are tender, basting with syrup in baking dish 3 times during cooking.

BLUEBERRY CRUMB BARS

Ingredients

Shortbread Crust:
1 cup butter or margarine (2 sticks), softened
2/3 cup confectioners' sugar
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour

Blueberry Filling:
3 pints blueberries
1/2 cup granulated sugar
3 tablespoons cornstarch

Streusel Topping:
2/3 cup old-fashioned or quick-cooking oats, uncooked
1/2 cup all-purpose flour
1/3 cup packed brown sugar
1/4 teaspoon ground cinnamon

Directions

1. Preheat oven to 375 degrees F. In large bowl, with mixer at medium speed, beat butter, confectioners' sugar, and vanilla until light and fluffy. Reduce speed to low; beat in flour just until combined. With fingers, press dough firmly onto bottom of 15 1/2" by 10 1/2" jelly-roll pan to form crust. Bake 20 minutes or until crust is golden brown. Cool slightly in pan on wire rack. While crust bakes, prepare Blueberry Filling:
2. In 3-quart saucepan, combine blueberries, granulated sugar, cornstarch, and 2 tablespoons water. Heat to boiling over medium-high heat, stirring frequently. Boil 1 minute. Remove saucepan from heat.

Prepare Streusel Topping:
3. In medium bowl, stir oats, flour, brown sugar, and cinnamon. With pastry blender or 2 knives used scissors-fashion, cut in butter until mixture resembles coarse crumbs.
4. Spread blueberry mixture evenly over cooled crust. Sprinkle streusel over blueberries. Bake 35 to 40 minutes or until blueberry mixture bubbles and top is lightly browned. Cool completely in pan on wire rack.
5. Cut lengthwise and widthwise into 6 bars.

TURKEY AND VEGGIE SANDWICH

Ingredients

- 2 tablespoon(s) humus
- 2 slice(s) whole-wheat bread
- 2 ounce(s) sliced turkey
- 1/4 green bell pepper, thinly sliced
- 1 pickled cherry pepper, sliced
- 2 tablespoon(s) thinly sliced red onion
- 1 tablespoon(s) grated Parmesan
- 1/4 cup(s) pea shoots

Directions

1. Spread humus on two slices bread.
   Top one slice bread with turkey, peppers, onion, Parmesan, and pea shoots.
2. Top with second slice.

PARSNIP-STUFFED ONIONS

Ingredients

- 1 tablespoon(s) butter
- 2 pound(s) parsnips, peeled and cut into 1/2-inch rounds
- 1/2 teaspoon(s) kosher salt
- 1/4 teaspoon(s) freshly ground pepper
- 1 cup(s) chicken broth
- 4 large (about 8 ounces each) onions
- 1/2 tablespoon(s) olive oil
- 1/2 cup(s) Roquefort, crumbled
- 1/4 cup(s) toasted chopped walnuts

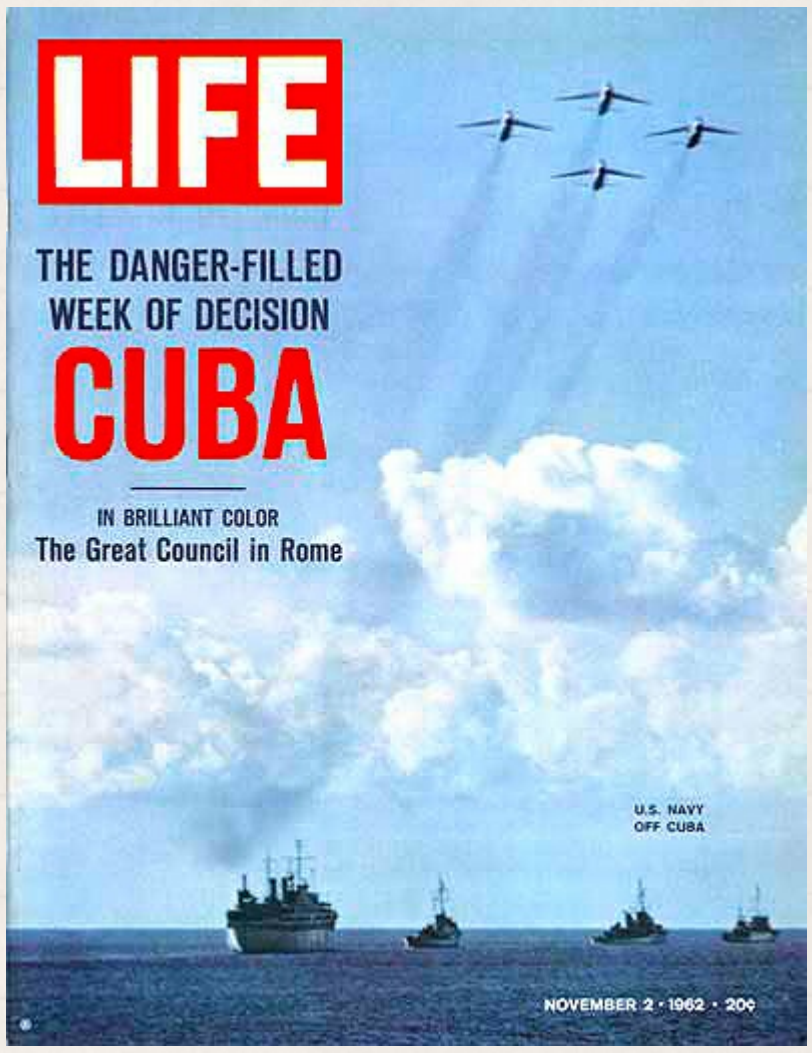
Directions

Purée the parsnips: Preheat oven to 425 F.
In a medium saucepan, melt butter. Add the parsnips, salt, and pepper and cook over medium-low heat for 5 minutes. Add the broth, cover, and continue to cook until parsnips are very tender--about 15 minutes. Cool the parsnips for 10 minutes. Transfer the parsnips and broth to a food processor fitted with a metal blade and purée until smooth.
Roast the onions: Line a baking pan with foil and set aside. Cut 3/4-inch from the top of each onion and use a small knife to cut out the centre. Finely chop the onion centres and stir into the parsnip purée. Fill each onion with parsnip purée. Rub onion skins with the olive oil and arrange on a baking pan. Bake for 11/2 hours. Remove and top each with the Roquefort cheese and walnuts.

50 Years After
the

The Cuban Missile Crisis

Looking Back
At
When the World Nearly Ended!



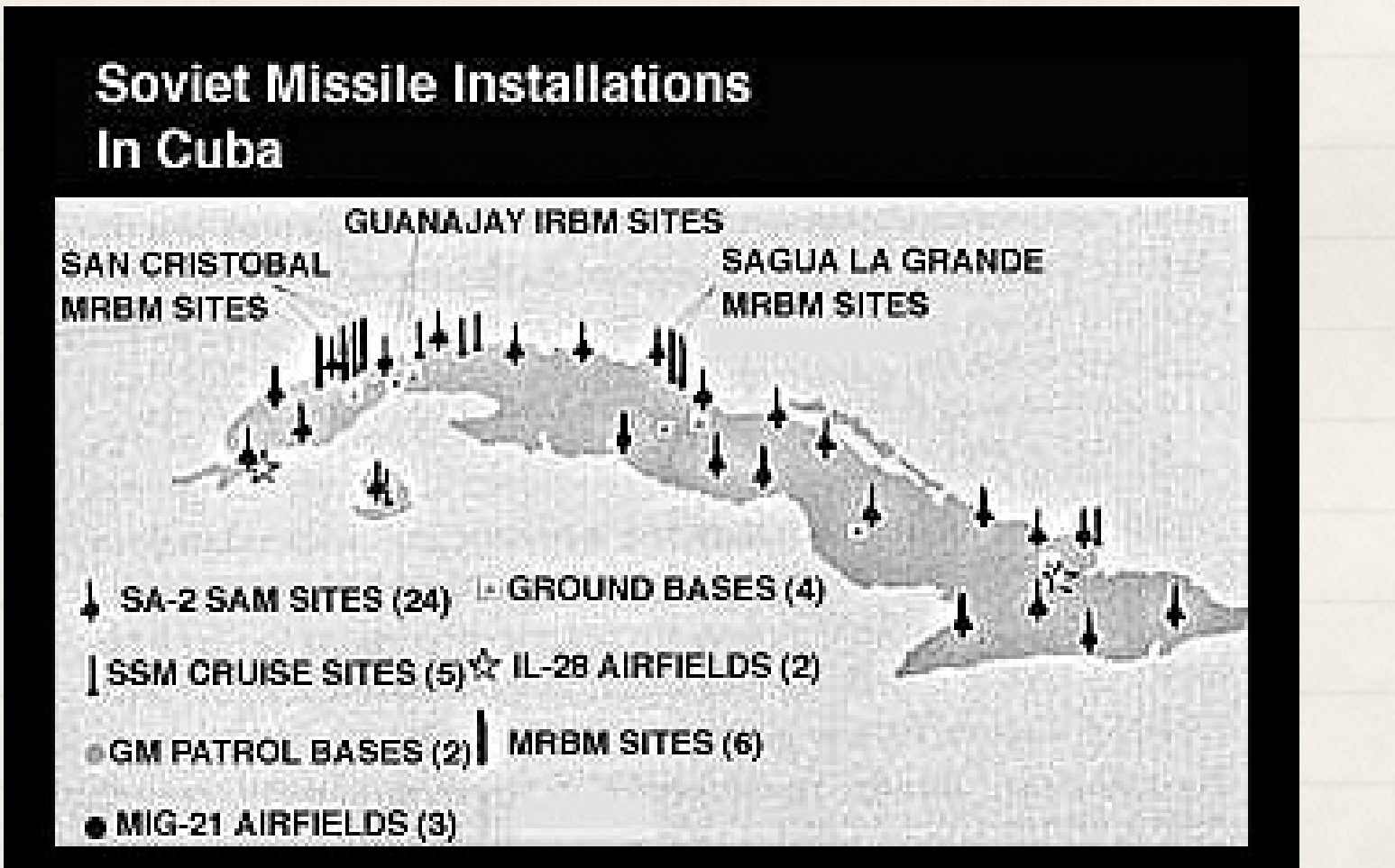
Fifty Years ago, the world nearly ended at the height of the Cold War.

For thirteen days in October of 1962, the world teetered on the brink of nuclear war. Cuba and the Soviet Union were locked in a standoff with the United States.

For those not old enough to remember the Cuban Missile Crisis, it would be difficult to believe how close the world came to Armageddon during those tense days.

From October 24-28, 1962, the world held its breath and waited for the news that the Soviet Union and the United States had launched nuclear weapons at each other. This was no media-manufactured event: the Cuban Missile Crisis had people glued to their television sets, crowding into churches, and pondering how they'd like to spend their last minutes on earth.

At the beginning of September 1962, U-2 spy planes discovered that the Soviet Union was building surface-to-air missile (SAM) launch sites. There was also an increase in the number of Soviet ships arriving in Cuba which the United States government feared were carrying new supplies of weapons. President John F. Kennedy complained to the Soviet Union about these developments and warned them that the United States would not accept offensive weapons to be erected in Cuba.



On September 27, a CIA agent in Cuba overheard Castro's personal pilot tell another man in a bar that Cuba now had nuclear weapons. U-2 spy-plane photographs also showed that unusual activity was taking place at San Cristobal. However, it was not until 15th October that photographs were taken that revealed that the Soviet Union was placing long range missiles in Cuba.

President Kennedy's first reaction to the information about the missiles in Cuba was to call a meeting to discuss what should be done. Robert S. McNamara - the Secretary of State for Defence, suggested the formation of the Executive Committee of the National Security Council.

Over the next few days they were to meet several times. During their discussions they considered several different strategies for dealing with the crisis. They included the Following:

(1) Do nothing.
(2) Negotiate. The United States should offer the Soviet Union a deal.
(3) Invasion. Send United States troops to Cuba to overthrow Castro's government.
(4) Blockade of Cuba. Use the United States Navy to stop military equipment reaching Cuba from the Soviet Union.
(5) Bomb Missile Bases.
(6) Nuclear Weapons. Use nuclear weapons against Cuba and/or the Soviet Union.

Continued on page 23

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The Executive Committee of the National Security Council argued amongst themselves for the next two days. The CIA and the military were still in favour of a bombing raid and/or an invasion. However, the majority of the committee gradually began to favour a naval blockade of Cuba.
Kennedy accepted their decision and instructed Theodore Sorensen, a member of the committee, to write a speech in which Kennedy would explain to the world why it was necessary to impose a naval blockade of Cuba.

President Kennedy delivering the address on TV

Click HERE to watch Kennedy's televised address

The world waited anxiously. A public opinion poll in the United States revealed that three out of five people expected fighting to break out between the two sides. There were angry demonstrations about the possibility of nuclear war. Civilians across North America found themselves facing the very possibility of the end of the World.

Employees in a Department Store Watching Kennedy's Address to the Nation

Khrushchev agreed and gave orders for the missiles to be Dismantled.

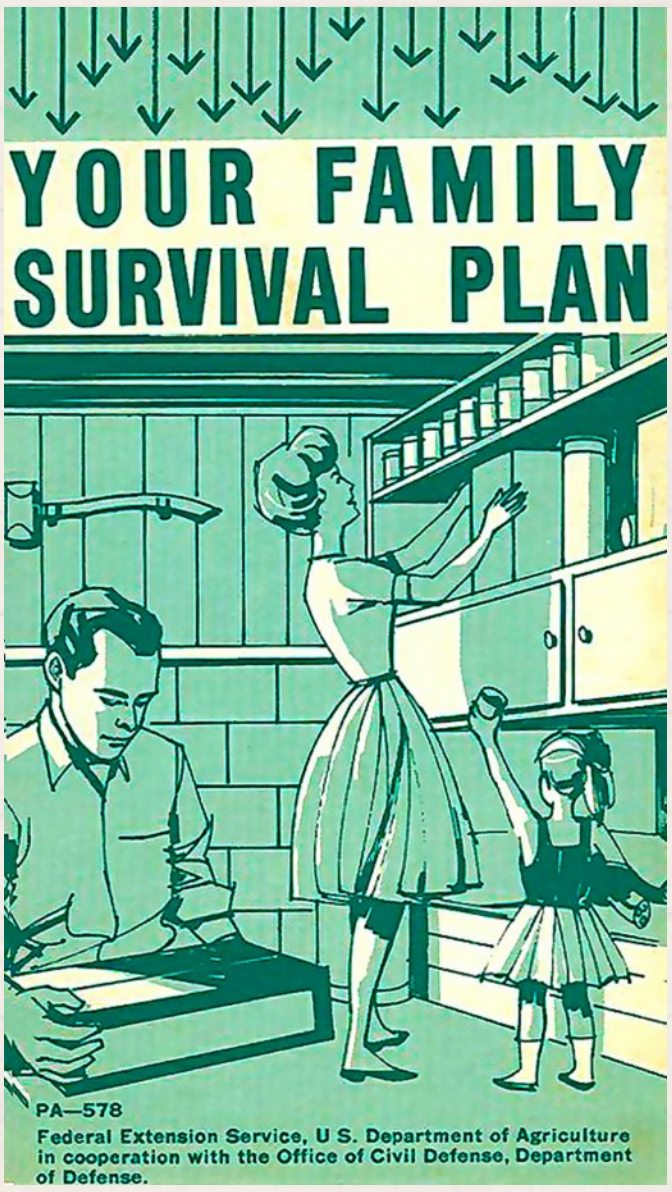
The Cuban Missile Crisis was the first and only nuclear confrontation between the United States and the Soviet Union.
The event appeared to frighten both sides and it marked a change in the development of the Cold War. Some of the direct consequences of the crisis include the following:

(1) The two sides established a direct communications link that became known as the Hot Line. It was hoped that this would help prevent dangerous confrontations such as the Cuban Missile Crisis arising again.
(2) Three months after the Cuban Missile Crisis the United States secretly removed all its nuclear missiles from Turkey and Italy.
(3) A Test Ban Treaty was signed between the two countries in August, 1963. The treaty prohibited the testing of nuclear weapons in the atmosphere.

What is really important in this event in history is how it affected the public. Citizens all across the United States and Canada (as well as the world) truly thought that there would be a nuclear war.

People rushed to shopping malls to stock up on preserved goods and other essentials deemed necessary for

survival.
In there September 16, 1961 issue, Life magazine carried a multi-page spread by Sears advertising a Family Fallout Shelter which could be installed in the back yard of any suburban home.
In the months leading up to the fateful events of the Cuban Missile Crisis, it was common for North Americans to engage in conversations and activities surrounding the preparation for survival of a nuclear war.



It was not out of the ordinary to see advertisements and brochures for Fallout Shelters and Nuclear Survival.

Public Fallout Shelters were erected across major North American cities with directions and instructions in the event of a nuclear event.

US Army Anti-Aircraft Rockets on the Florida Keys

The end of the Cuban Missile Crisis did not put and end to the everyday fear that citizens lived with.

The dark cloud remained. The possibility of an attack from the Russians remained imbedded in the social conscience.

Still today, there remnants of family fallout shelters within the soil of suburban neighbourhoods across North America.

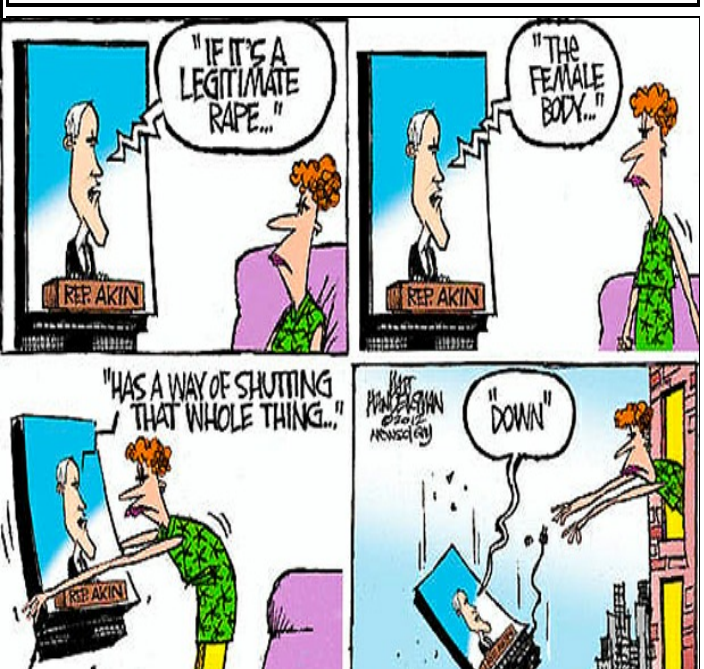
Although we live under new clouds of despair today, the events surrounding the Cuban Missile Crisis brought us closer to distinction than any other human activity in history.

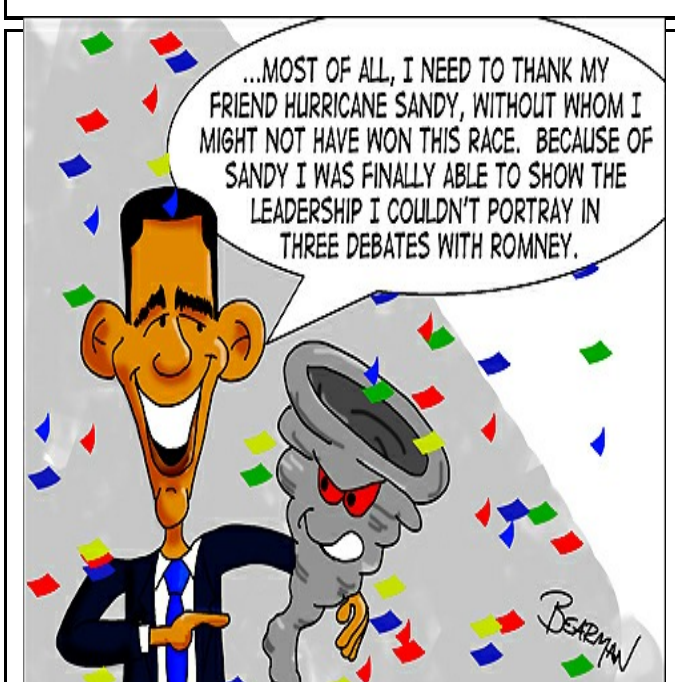
Just for Laughs!

Looking back at 2012

"Thanks to wireless technology …
I can hate my job from almost anywhere!"

'Damn it, Peterson, you've got to try and fit in!'





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for

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