

# TED ARNOTT, MPP Wellington-Halton Hills



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# What's Cookin': Tips for making fruit pies

Here we are, rolling into August— already! No matter where you are staying or going this month, whether it's to work, doing chores at home, visiting family, camping or hitting the cottage, there is one thing for sure, a homemade raspberry pie will make evening meals even better!

A couple of things to keep in mind:

- you can use store-bought pie crust, but nothing beats homemade,
- be sure to use the full amount of fruit called for in the recipe, because they cook down quite a bit,
- if you like your pie super sweet, add a couple of extra tablespoons of sugar – this one is meant to be so that you can still taste the fruit.

Lori Gysel & Gerry Kentner



• if you wash your raspberries first, be sure to let them sit on paper towels for awhile to dry out so that you don't cause the pie to be overly wet.

• when you put the pie in the oven, put it on the bottom rack for the first 15 minutes, then move it up to the middle rack— this will help crisp up the bottom.

Pies are always best on the day they are made, so if you are trying to impress, do not make in advance.

Have fun and keep cooking!

## Fresh Raspberry Pie

Serves 6-8

### Ingredients

- Pastry for a 2-crust pie
- 5 cups fresh raspberries
- 2/3 cup plus 1 tbsp sugar, divided
- 1/4 cup plus 1 tbsp flour

### Method

1. Prepare pastry, roll out half and line pan, trimming edges.
2. Mix flour, two thirds cup sugar and add to raspberries. Fill pie shell.

3. Roll out remaining pastry, make a

few slits in top of pastry, wet the edge of the pastry bottom and top with pastry. Trim and flute edges.

4. Brush top crust with water— then sprin-

kle with 1 tbsp sugar.

5. Bake in a preheated 375 degree oven for 50-60 minutes, until crusts are golden brown and filling is bubbling.



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Gerry Ross  
H.B.Sc. PT, MCPA,  
res.CAMT

**Q.** I think I train for my running properly but I recently developed pain with running. What could the problem be?

**A.** Here's a neat trick. Enter 6 months (or whatever you have) of your recorded run times on a spreadsheet and your run distances on another. Hit the graphing tool to see if your distances progress and taper in manner that your training program recommends. If it does then try this same exercise with average speed (your daily distance over time). If there are sudden and large differences throughout the graph then your training may be overwhelming your body's ability to adapt resulting in overuse injuries. It is easy to forget about those runs that took you farther than planned because you had extra time available or you felt extra strong that day.



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Christoph Summer  
Owner/Administrator

**Q.** My mother is moving to a retirement residence. One day she is enthusiastic about the idea, the next, she is not. How do I handle the situation?

**A.** First of all, be supportive. Listen and then try to accentuate the positive aspects of the move. This is a big decision for your mother because any move, at any age, is stressful.

If your mother is like many seniors she may be lonely. You might discuss the enriched lifestyle she can enjoy as most retirement homes provide a variety of recreational programs. You can also highlight the fact that most retirement homes have 24 hour staffing if she is nervous about being alone in the house.

If independence is the issue, point out that a residence is a hotel-like setting. Your mother (and any visitors) can come and go or phone at any time. She can entertain friends and family without the worry of cooking meals or cleaning house.

Remember too, that if she changes her mind, retirement homes cannot ask your mother to sign a lease. She will only need to give 30 days notice.

The important thing to remember is to be patient! Take the time to listen to her concerns and help her see the many advantages of moving to a retirement home.

## DO YOU READ THESE QUOTES?

Let me know & you could win when you mail  
Amy with your answer & a question to:

Ask the Professionals

280 GUELPH ST., #29 GEORGETOWN, ON L7G 4B1  
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"Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength." - Unknown