

Acton Community Hillsview Report

cooking program helps balance food budget

By: Jane Dougan

Are you wondering how to manage your grocery budget this new year, especially with news of the once-humble cauliflower costing eight dollars? Do you love to cook and have great ideas to share? If you've got a couple of hours to spare on a Friday, you might be a key ingredient for something good that's being cooked up for Acton's North Halton Community Kitchen.

Starting February 5 and running midday (10 a.m. - 1 p.m.) each Friday for eight weeks, the state-of-the-art Community Kitchen at St. Alban's Church will bring together volunteer cooks and participants interested in learning new ways to stretch their food dollars. This free program is a repeat of a volunteer initiative organized last fall by Summit Housing and Outreach Programs (SHOP) together with Food for Life.

Debbie Bentley enjoyed the classes so much she didn't miss a

single lesson. She still uses what she learned, especially "the different ways to make macaroni and cheese. Before the class, I thought there was only one way. You can stir it, layer it, or even put it in a pot with cream of mushroom soup, some grated cheese, and just a 'titch' of milk. The classes were great; we made

"Often someone living alone says 'I'm not going to cook just for me'"

a main course and a dessert, and usually there was enough left over to bring some home for supper." Betty-Jo James was another fan. While she enjoyed the cooking lessons, "it wasn't just the meal; it was getting together with everyone, socializing, meeting new people. That's what I really enjoyed."

Madeleine Attrell, who was an instructor last year is looking forward to lending a hand again. "I try to show people how

to use up things that they might otherwise throw out. For example, if they have eaten a cooked chicken, how to make a delicious soup from boiling the bones, adding some stock and vegetables. Or how to use leftover vegetables, even frozen or ones that have gone soft, to make and spice a cream of vegetable soup." Madeleine is particularly interested in teaching skills to people who live by themselves. "Often someone living alone says 'I'm not going to cook just for me'. They can learn how to make nutritious economical meals and freeze what's left-over."

Sessions are limited to ten participants. If you are interested in joining in with one or more classes or have cooking skills to share, please get in touch with Sharon Paris, Coordinator of Volunteers for Summit Housing and Outreach Programs, by telephoning (519) 853-1466, Ext. 121. If you're a professional chef or involved with a business or organization, Summit will highlight your business name in any advertising or publicity in the community.

Everyone enjoyed the music and were up dancing to "Dr. J" at the belated New Year Celebration on January 11. I am surprised anyone could move after the generous portions of lasagna we consumed. Door prize winners were Harry Van Der Heyden, Bev Jones, Joan Maloney, Kris Bruce, Barb Jones, and Lynn Fountain. Liz Hendry was happy to win the 50/50.

Pape Tole starts again on Thursday, January 21 at 7 p.m.

Have you invested a loonie in the hope of winning the "liquid gold" which is the monthly prize for January? February's will have a romantic theme.

There will be a Committee Information Tea on Tuesday, February 16 from 10 a.m. - 11 a.m. Come and join your Board of Directors and your committee members for light refreshments and an open discussion on how you can make a difference at your Centre.

Everyone is invited, especially members who have recently joined the Centre. Board members will be talking briefly about the various positions they hold, and we will be looking for your input.

Tickets for the Reach Out dinner sold out quickly. We encourage new people to join us and hopefully they

found something to interest them at the Centre. We offer many opportunities to meet new people whether by joining us at social gatherings, improving your body and mind, learning new skills like Paper Tole, the art group, or preparing nutritious meals, day trips, or occasional trips that last a week or 14 days. You might just be looking for a change of scenery and enjoy a coffee and a chat in our cafe area.

The next Reach Out event will be High Tea on February 2 from 12 noon - 1:30 p.m. We would like to encourage non-members especially to these Reach Out events, members, please invite a neighbour or friend to join us. There will be no pressure to become a member, we would like to be more inclusive and see new faces. I understand we will be listening to some lovely piano music while enjoying fancy sandwiches, goodies and tea.

While playing Bid Euchre on January 14 Shirley Hunter had two mooners and Betty Brewer and Frances Hogenbirk one each.

The Acton arena ice pad B official ribbon cutting ceremony will take place on January 30 at 1 p.m. Come out and see what a wonderful new arena we have, lots of space and time for all who enjoy activities on the ice.

January 26 is a busy day at the Centre. In the morning the men will be

enjoying their Monthly Men's Breakfast. In the afternoon at 1 p.m. Amanda Li, will be at the Centre for the first of six sessions talking about the various aspects of nutrition. Amanda is a Registered Dietitian and culinary expert. She is a professor at George Brown College. The first session will be "A guide to balancing your dinner plate". The presentations will be every two weeks and help you and your family live a healthier life style.

In the evening at 7 p.m. is the monthly Book Club.

There are some pink sheets with all the day trips planned for the next few months in the travel section. They range from a Valentine mystery trip, or lunch and a variety of shows at theatres in our area.

Have you renewed your membership for 2016? If you haven't, don't put your loonie in the box as your name has been withdrawn from the drum. Membership stands at 226 at the moment. Stan Hellam was happy he had just renewed as his name was drawn and he won \$404.

Lunch on Friday, January 29 will be ham and scalloped potatoes and desert followed by Bingo at 1:15 p.m.

On a personal note, I would like to thank everyone who came out to help celebrate my birthday last week and especially for the donations to the local FoodBanks.

The
**RED
HARP**
PUB

Mon Jan 25 - Robbie Burns Night
Burns supper, Scottish specials and full menu all available

Come join us for the piping in and the address to a haggis to start at 7 PM, performed by locals *Tim Somerville and Steve Turner*
Live entertainment by *Almost Cool* band to follow

Sun Feb 7 - The Harp will be hosting **Super Bowl 50** with 1/2 price wings and lots of prices

Watch for our upcoming *Valentine's Day specials*

COME BE A PART OF THE HARP!

MON

1/2 PRICE APPS

TUES

1/2 PRICE WINGS

WED

1/2 PRICE NACHOS

FOLLOW US    TheRedHarpPub

www.REDHARP.ca

137 Mill St E. Acton • 519.853.4147 • info@redharp.ca

Treatment for:

- Fibromyalgia
- Chronic Pain
- Stress
- Headaches
- ...and much more.

Naomi Bedell
Registered Massage

Therapy
65 Mill St. E.,
Acton, ON
519-853-8557



Deanna Wilson
BSc. DCh.
Chiroprapist
Foot Specialist

519-853-8557

65 Mill St. E.
Acton, ON
L7J 1H4

- Foot/Nail Care
- Diabetic Footcare
- Custom Orthotics
- Home visits

www.actonhead2toe.com

**Acton
Denture Clinic**
Tracy Mitchell, DD



The denture that fits their lifestyle.

Present, Past & Future 

• Full & Partial Dentures

- Precision BPS® & Implant Retained Dentures
- Repairs & Relines done in our In-House Lab

130 Mill St. E. Unit 103 Acton
519-853-0079