



**... Lend Me Your Ears**

By Cory Soal  
R.H.A.D.

**LEARNING NEW STRATEGIES**

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contacts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

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**Curry dish the big winner in high school cook off**

By Lori Gysel & Gerry Kentner  
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**What's Cookin**

Today's recipe does not belong to Gerry and I it was created by the winning Christ the King cooking team at the third annual Real Canadian Superstore High School Cookoff to benefit our local food bank, the Georgetown Bread Basket.

Both high schools send a team to the PC Cooking School

and those teams battle it out in a showdown of culinary ability and creativity.

Each team must create two meals, made using ingredients that are commonly found at the food bank.

Then a team of judges assigns each dish a score, based on a

number of criteria including taste, aroma, visual appeal, etc.

Congratulations to all the students who participated. Both teams created some really interesting dishes using a very limited selection of ingredients.

They should all be proud of their hard work!

We're delighted to show you the photo and the recipe for the winning dish it was delicious!

Have fun and keep cooking!



**Sweet Potato Bean Curry Chili**

**INGREDIENTS**

- 2 tbsp. of butter
- 1 onion, diced
- 3 cloves of garlic, minced
- 2 large chopped and roasted sweet potatoes
- 1 can of: crushed tomatoes, kidney beans, chickpeas, black beans and lentils

- 2 tbsp. of curry powder
- 2 tbsp. of chilli powder
- 1 tbsp. of cumin
- 1 tbsp. of paprika
- 1 tsp. cinnamon
- 2 tsp. of garam masala
- Salt and pepper to taste
- Optional: 1 can of coconut milk or one half cup of 2% milk

**METHOD**

In a large sauce pan saute onion and garlic in butter. Add sweet potatoes, all beans (drained and rinsed), crushed tomatoes and all seasonings. Simmer on medium-high for 45 minutes.

**ROTI**

- 2 cups of whole wheat

**flour**

- 3/4 cup of warm water
- Pinch of salt

Combine all ingredients, knead, divide into six balls. Roll out each individual ball into a flat circle. On high heat place flat circle directly onto electric element, flipping

constantly until charred and fully cooked.

**SWEET POTATO CHIPS**

Slice sweet potatoes thin, toss in a drizzle of melted butter, season with salt. Spread on a baking sheet lined with parchment. Bake at 425 F. until crispy and golden brown.



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