

# Touring the west in Canada's 150th year



## What's Cookin

Gerry is writing today...

Go west, young man! And they did our two oldest grandsons, on our March holiday this year, took us to Calgary and Vancouver to visit, along with seeing my sister, two nieces, a great niece and some long time friends in both places.

Arriving in Calgary at 29 degrees F, I was t sure we had made the right travel choice over the usual 85-degree Florida sunshine, but the family warmth more than made up for the weather.

At my sister's in Calgary, delicious plentiful homemade food she also is a good cook and hostess. At our friends Andrea and Dion, a delicious lunch with homemade pumpkin bread. Andrea worked for our catering business for years while schooling.

Dinner at the Coop, a Vegan restaurant in Calgary with a creative, elaborate menu and a continual line up at the door with grandson Alex after touring in the mountains.

Once in Vancouver, a planned visit to the great Granville Market, so many local food purveyors, sort of like the St. Lawrence Market, such a vibrant, exciting place to go. Took the Seabus from downtown Vancouver to Lonsdale Quay to have lunch at the Soup Meister, a simple but very successful premise with chef's cooking up

five daily soups in huge kettles with a choice of three homemade buns. Great seafood chowder.

Great donuts at Honey's in Deep Cove in North Vancouver with a warming cup of coffee on another rainy day. Thanks to our grandson Connor for showing us around his city, especially all the local foodie spots he frequents.

Vancouver Island next with its majestic scenery on the way to Tofino on the Pacific Rim. Awesome! Stopped by Tacofino the famous food truck everyone raves about. Next off to Nanaimo, and guess what I found, the best Nanaimo bar ever at Mon Petit Choux, then south to Ladysmith for a fresh warm cinnamon bun, one of eight varieties at the local bakery. And can't forget The Wickaninnish Inn in Tofino for the views of the ocean, surfers and whales!

Three days later, we headed for Victoria and the Fairholme Manor B&B. The gracious owner is a fabulous self-taught cook and author of two cookbooks. As we enjoyed breakfast, the mouth watering recipes of the day were displayed on her cookbook stand to tease us as we enjoyed the fruit and pastry buffet, followed by lemon ricotta pancakes one morning and baked ham and egg cups on another. A fabulous choice to stay in Victoria.

We thoroughly enjoyed our Canadian West in this 150th year of Confederation, especially. Coast to coast, we are so fortunate to live in such a beautiful country.

## Wild Leek Pesto



### METHOD

In a food processor, combine leeks, garlic, parmesan, lemon zest and lemon juice. Process until finely chopped. Open the feed tube and drizzle in olive oil until the mixture has reached the desired consistency. You may have to open up the processor and scrape down the sides once. I prefer a thick consistency you can always thin down later with extra olive oil, but you can't remove the oil! Season with salt and pepper.

### INGREDIENTS

- Several large handfuls of wild leeks, green and white, roughly chopped
- 1-2 cloves garlic, peeled
- ¼-½ cup freshly grated parmesan cheese
- Zest of 1 lemon
- Juice of ½-1 lemon
- Olive oil

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The mortgage lender is automatically the beneficiary. If you take your mortgage to another company, you may lose your existing mortgage insurance and may be required to re-qualify for new mortgage insurance.

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**Gerry Ross**  
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**Q:** I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

**A:** Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows does; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.