

ON THE MENU

Don't miss

Georgetown Bread Basket Dance
May 25; call 905-873-3368

What's Cookin': Learn to pair pears with your meal

*The end of the pear story...
(Continued from May 2).*

Red Anjou— Available October to June. A salad pear, best when eaten fresh. Has

**Lori Gysel
& Gerry
Kentner**



abundant juice when ripe, and a sweet mellow flavour. Shows no colour change in ripening. If firm, ripen at room temperature until a gentle push with your thumb causes yield. To

slow the ripening procedure, refrigerate.

Red Bartlett— Available August to December. Bright red skin when fully ripe. Can be used fresh or for same purposes as yellow bartletts. They offer a brilliant, appetizing colour touch when used fresh in salads or fresh fruit desserts.

Comice— Available September to March. One of the sweetest, juiciest of all pears. A dessert pear, very flavourful, fresh, in salads, an excellent accompaniment to fine cheese.

Seckel— Available September to March. Tiny pears with ultra-sweet flavour. Good for pickling or a lunch snack for small appetites.

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at whatscooking@theifp.ca

Hamburger Soup

Serves 12

Ingredients

- 2 tbsp vegetable oil
- 1 lb ground beef
- 2 carrots, diced
- 2 ribs celery, diced
- 2 cooking onions, diced
- 6 mushrooms, diced
- 1 cup cauliflower, diced
- 1 28oz can tomatoes, broken up
- 10 cups vegetable or beef stock
- 2 baby bok choy, chopped
- 2 tsp dried oregano
- 1 tbsp Worcestershire sauce

- 2 tsp celery seed
- 2 tsp dried basil
- 1 tsp paprika
- 2 tsp dried thyme
- 3/4 cup elbow macaroni or other pasta
- salt and pepper to taste

Method

1. Heat oil in a large pot. Add ground beef, onions, carrots, celery. Sauté until beef loses its red colour and vegetables soften.
2. Add remaining ingredients except for macaroni. Simmer for approximately 30 minutes.



3. Add macaroni and simmer until macaroni is cooked, approximately 10 minutes.
4. Taste for salt and pepper.

Chef's note: This soup will be very thick. If you need to, add more stock.

Going grocery shopping?
Support the
local food banks

Acton Foodshare: is open Tuesdays, 8:30 a.m. to 2:30 p.m. in the Sobeys Plaza on Queen St. Closed 12-12:30 p.m. for lunch. For a regularly up-dated list of needed foods, please check out www.actonfoodshare.com.



Georgetown Bread Basket: is open 8:30 a.m. to 12 p.m. Wednesdays and Saturdays, at Unit 12, 55 Sinclair Ave. Items most needed: canned soups, breakfast cereals, canned and boxed fruit drinks, canned fruit and vegetable, canned meat and fish and healthy school snacks. Info: www.georgetownbreadbasket.ca, 905-873-3368.

Ask the Professionals DIRECTORY

SEND IN YOUR QUESTIONS TO:

Ask the Professionals
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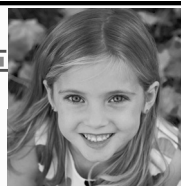


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In a previous feature, I spoke to you about the importance of creating safety in your relationship and provided tips on how to achieve it. Today, I would like to introduce some important points on how to create a safe and positive set up for your difficult conversations.

Believe it or not, the human brain is wired to fight more than it is to make peace. We are designed to either become defensive or retreat to keep ourselves safe when the conversation gets tough. Using the following tips should help both of your brains stay calmer and engaged.

1. Sit facing each other. When we sit side by side, we end up giving each other a lot of darting sideways looks which your brain registers as threats. This could involuntarily escalate the tone of the conversation. Avoid discussing big issues in the car or on walks.

2. Stop trying to reconstruct the event that led to a disagreement. Who did what is not as important as understanding what was the real issue at hand.

3. Take the time to ask yourself what you really need from your partner. Talk about your needs and how having them fulfilled will impact you and your satisfaction level with the relationship. Be ready to listen to your partner's needs as well.

4. When you notice your partner reacting negatively (agitated or withdrawn) to the conversation, slow things down. Remind them that you are on the same side and that you want to sort it out in a manner that makes both of you happy. If you are not in that frame of mind yourself, call a time out, "I don't think I am in a good place right now, can we pick this up in a couple of hours when I have calmed myself down?"

5. Your brain is also wired to watch eyes and mouths very closely as a means of detecting danger. As a result, a smile can often relax a tensed atmosphere.

Stay tune for more tips on how to build a safe and loving relationship.



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Christoph Summer
Owner/Administrator

Q: Will retirement home staff notice subtle changes in my mother's health or offer reminders if she forgets to go for meals or to the programs?

A: Many retirement homes are adept at noticing the general wellbeing of its residents in a discreet manner. Here are a few things to look for.

Is the nursing station in an accessible area where the residents can interact with the staff in an ongoing, recurring basis? This enables the staff to be aware of any problems as soon as they occur. Some residences even check blood pressure and weight gain/loss on a regular basis. Make sure there is no cost for this.

It's natural that residents sometimes forget mealtime, as they are often engrossed in other activities. To ensure that residents eat regularly, see if the dining room has a set-seating plan. This enables the staff to see immediately, when residents are not in the dining room.

Ensure that there are activities that appeal to your mother and that they are in easy-to-find locations. Check too, that the office of the activities coordinator is accessible. This is the person who can introduce your mom to the various programs.

In short, assess not only the interaction of staff with the residents but also the layout of the building with regard to accessibility to activity centers.

"All of our dreams can come true - if we have the courage to pursue them."

Walt Disney