

Deadline nears for Optimist contest

The Optimist Club of Halton Hills is holding a club Oratorical (public speaking/speech) contest for students under 19 for a chance to win scholarships for college, trade school or university. Any student in Halton Hills under the age of 19 is eligible to enter.

Students should prepare a speech 4-5 minutes in length on the topic, How My Passions Impact the World and present it on Wednesday, March 26 at the Optimist Hall, 13439 Hwy. 7, Optimist Club of Halton Hills.

The winner of the Halton Hills Club contest then goes on to compete in the Zone 6 contest and the winner of that Zone 6 contest will compete in the District contest. Winners who place first, second and third at the District contest level will win scholarships— \$2,500, \$1,500 and \$1,000.

For an application form contact Optimist Peter Welling, pwelling@cogeco.ca or 905-877-4154.

What's Cookin': Cooking with friends

A good friend of mine from high school, Andy Lenz, writes for us today...

I moved away from Georgetown in 1983 when I went to the University of Western Ontario to study. I now live in Ottawa. Although my family and I regularly come back to Georgetown to see my mother and father who have moved into the Gallery just off Trafalgar Rd., I don't get to see old friends as often as I'd like.

That's why I was so happy to get a dinner invitation from my friend, Robin Dodokin. Robin and I were in Maple Nursery School together and then, later, at Centennial Middle School (where my mother also taught for many years) and GDHS. Robin and I see one another professionally and she had kindly asked if my wife, Radka, and I might be interested in seeing her for dinner one night. Of course I told her that we'd be thrilled. She told me that she intended to invite our friend Lori Gysel

Lori Gysel & Gerry Kentner



(Kentner) and her husband, Olivier. We couldn't wait.

So it was that on a snowy and cold evening in January, Radka and I made our way from Ottawa to Toronto and, eventually, to Robin's house. Robin made a wonderful osso buco. Of course, she was slightly nervous, as I too would have been, to cook for Lori.

She need not have feared. The osso buco was everything that it should have been— tender, juicy and cooked with love for old friends.

Osso buco is comfort food with class and I suggested that Lori include Robin's recipe in her column that I look at regularly online.

Here is Robin's recipe, which I suggest you double because it's so good!

Osso Bucco

Serves 4

Ingredients

- 4 center cut veal shanks (1 - 1.5" thick)
- salt and pepper
- 1/2 cup flour
- 1/2 cup grapeseed oil
- 2 tbsp olive oil
- 1 cup finely diced onion
- 1/2 cup finely diced celery
- 1/2 cup finely diced carrot
- 2 cloves garlic, finely minced
- 2 tbsp finely chopped fresh parsley
- 2 cups dry white wine
- 2 bay leaves
- 1 cup chicken stock
- 2 plum tomatoes, seeds removed, diced
- 2 strips lemon peel
- 2 sprigs fresh thyme
- 8 basil leaves
- salt and pepper

Method

1. Season the veal shanks with salt and pepper. Dip in flour and shake off excess.

2. Heat grapeseed oil in a large fry pan. Brown shanks in oil on both sides. Remove



and set aside.

3. Dispose of oil in the pan, but using same pan, put fresh olive oil in and sauté the onion, celery and carrot until lightly browned. Add the garlic and parsley, cook for 1 more minute.

4. Lay veal shanks in a large casserole dish. Spread vegetable mixture over top. Add the wine, bay leaves, chicken stock, tomatoes, lemon peel, thyme and basil. Cover the casserole pan with lid or foil.

5. Bake in a preheated 350 degree oven for two hours, turning veal over half way through.

6. Remove the casserole from the oven, spoon off any fat from the surface, season sauce with salt and pepper as needed.



COUNTRYSIDE
stewardship

GRASSLANDS ON MY LANDS

farmers and rural landowners needed

SATURDAY, MARCH 29

from 10 a.m. to 3 p.m.

Watershed Learning Centre,
Terra Cotta Conservation Area
14452 Winston Churchill Blvd,
Halton Hills



Join Credit Valley Conservation and learn how to create or improve grasslands on your property and provide habitat for threatened grassland birds.

Learn about the new **Bird-Friendly Certified Hay program**

- An online marketplace to connect hay growers, buyers and rural landowners looking to rent out their land
- A niche product and new business opportunity that encourages grassland birds

This is a free event and lunch is provided. Registration is required.
Call 1.800.668.5557 x436 or visit <http://grasslandrecovery.eventbrite.ca>



This project is generously supported by the Ontario Ministry of Natural Resources Species at Risk Stewardship Fund.

HALTON HILLS MINOR LACROSSE ASSOCIATION



WELCOME TO THE DOG POUND!

FINAL

2014 REGISTRATION

Sat. Mar. 22 • 11 am - 2 pm

Georgetown Market Place Mall (across from JV clothing)

Please note girls wanting to play field lacrosse can register online at www.bulldogslacrosse.ca

(Box, Field and House League, open to boys and girls Ages 3-17)

FEES:

Field \$ 250

Box \$ 250

Both: \$ 50 discount of field fees.

Late Registration fees of \$ 50 applies after March 22/14

Come out and play Canada's National summer sport and the fastest game on 2 feet!

For more details visit:

www.bulldogslacrosse.ca