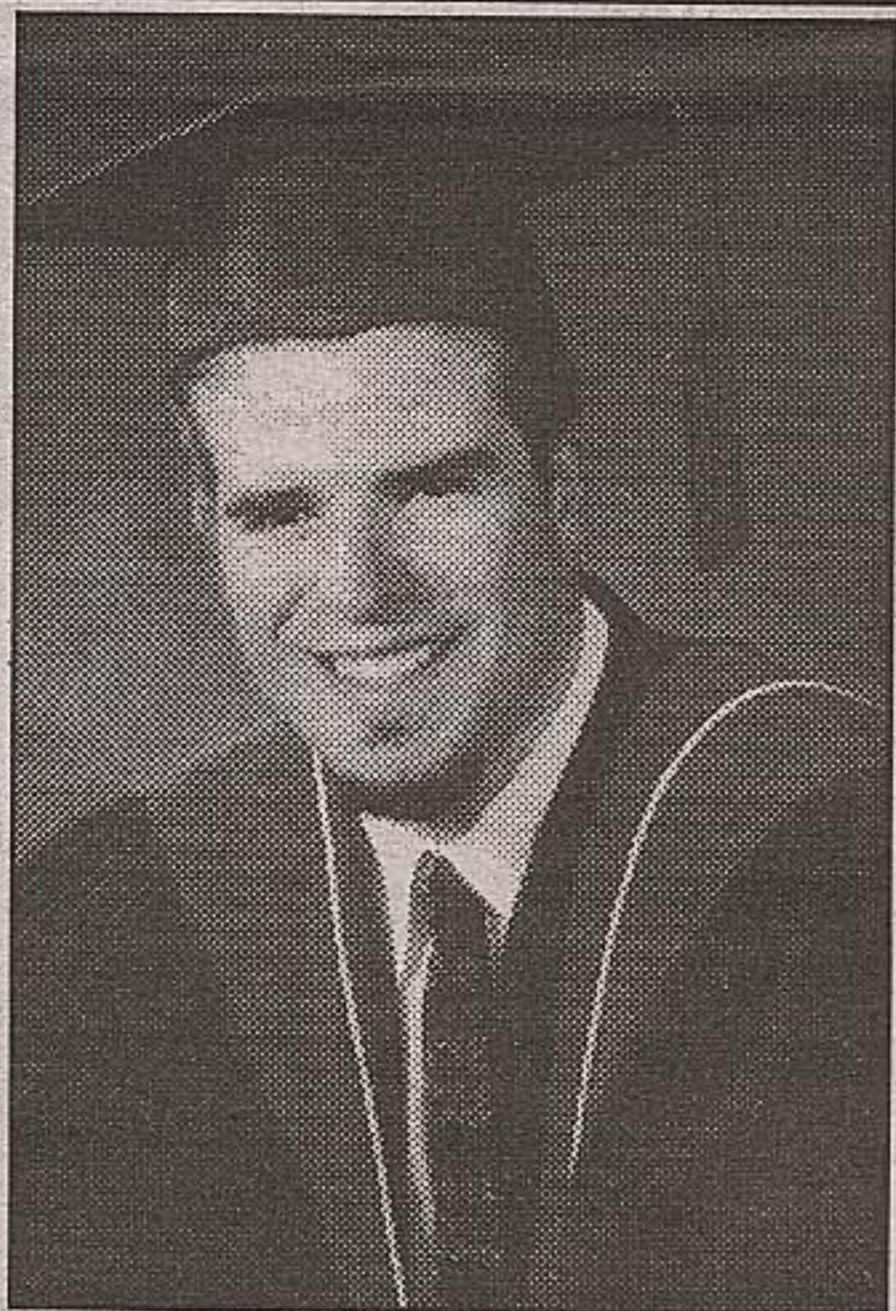


Mark Boere graduated in June 1999 from Simon Fraser University, Burnaby B.C. with the degree of Bachelor of Applied Science of Engineering with majors in Engineering Physics and Biomedical Engineering. Mark is currently working as a Project Engineer for Harmonic Inc., Sunnyvale, California.



MARK BOERE

Nick, Sue, David & Michelle are proud of your accomplishments.

Top your pancakes with fresh goodness

This is not a story this week, but actually a description of how to make some homemade toppings to go with your pancakes...

To make homemade apple butter (and you can use the same technique with blueberries, pears, nectarines, peaches, plums or strawberries), follow these instructions. Take eight tart apples (about two pounds) and peel, core

and coarsely chop them. Combine them in a heavy saucepan over medium heat with one cup of apple juice or apple cider. Cook until the fruit is soft and the liquid has evaporated (about 10 minutes). Puree in a food processor or blender, or put through a food mill or strainer. Measure the puree into a heavy saucepan and add about 1/3 cup brown sugar or honey for each cup of apple puree. This is where you can adjust the sweetness to suit your taste. You can also add cinnamon or cloves at this point if you like. Cook over very low heat, stirring occasionally until thick and dark brown, from two to four hours and watch it carefully.

Store in the refrigerator for up to one week or pour into hot jars and seal tightly. Makes about five cups.

During berry season, stir up this quick treat to spread on muffins, toast or pancakes. In other seasons, use frozen berries. Combine 1/2 cup (1 stick) unsalted butter, softened, with 1/4 cup powdered sugar in a food processor or blender and blend until smooth. Add one cup fresh strawberries

(hulled) or raspberries (if you are using frozen berries, they should be thawed and drained), and process until blended. Chill until shortly before serving. Makes about one cup. Can be stored in the refrigerator for about a week.

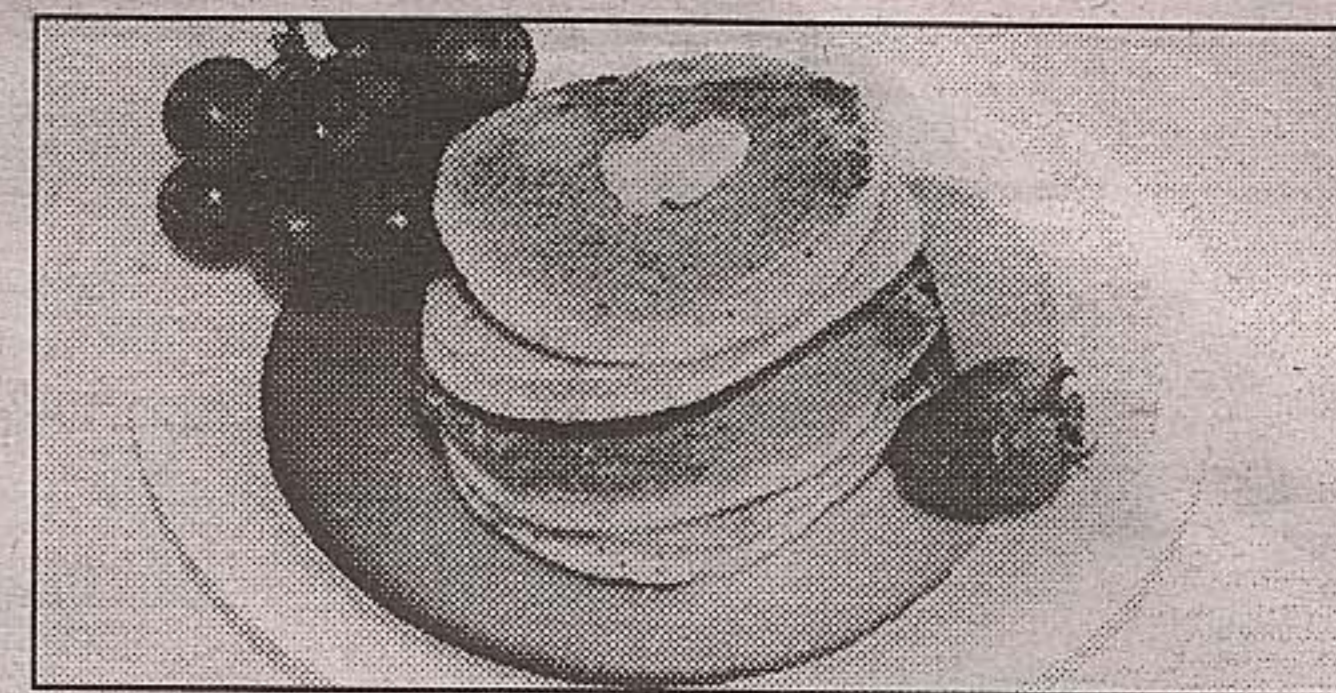
This one is just too easy to be so delicious. Combine one jar of marmalade (any kind and flavor) with 1/4 cup orange juice in a saucepan and warm until the lumps disappear from the marmalade and then pour over pancakes or fresh toast.

To top your pancakes, saute sliced fresh fruit with a little butter and serve warm for a simple special treat.

Have fun and keep cooking!

What's cookin'

Lori and Gerry Kentner



Blueberry Corn Pancakes

(serves four)

Ingredients

- 1 1/2 cups yellow cornmeal
- 1 1/4 cups whole wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tbsp maple syrup or honey
- 2 tbsp vegetable oil
- 2 cups low fat buttermilk
- 1 egg, lightly beaten
- 1 1/2 cups fresh blueberries, stemmed and picked over

Method

1. Combine cornmeal, flour, baking soda and salt in a medium-sized bowl.
2. In a separate small bowl, combine the syrup, oil, buttermilk and egg.
3. Pour the wet ingredients into the dry and quickly mix together. Do not beat or over-stir.
4. Let stand for 10 minutes to soften the cornmeal.
5. Preheat a skillet or heavy griddle. Lightly grease the pan and pour on the batter about 1/4 cup for each pancake. Then sprinkle the tops with the blueberries and cook until the tops are bubbly. Turn and cook until golden on the other side. Serve hot with melted butter and warm maple syrup.

Note: When fresh blueberries are not available, unsweetened frozen ones work well.

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& SUNDAY SCHOOL
11 A.M.
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AND RENEWAL
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Secretary's Office 877-7585

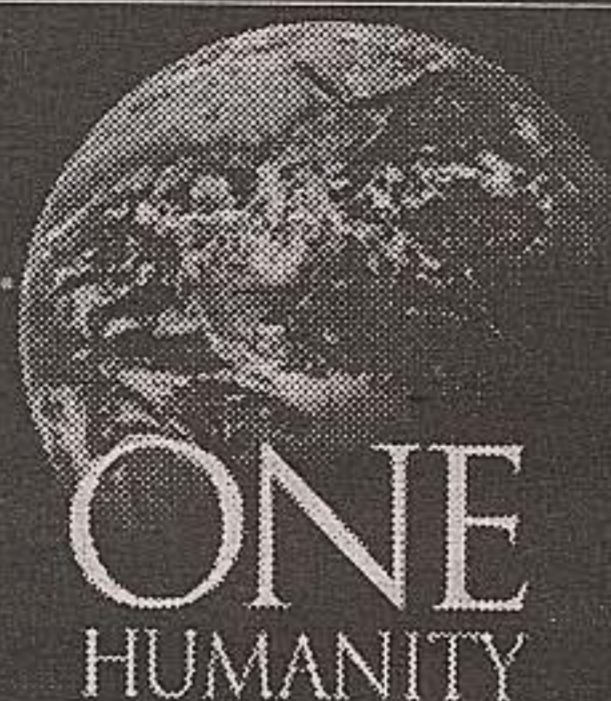
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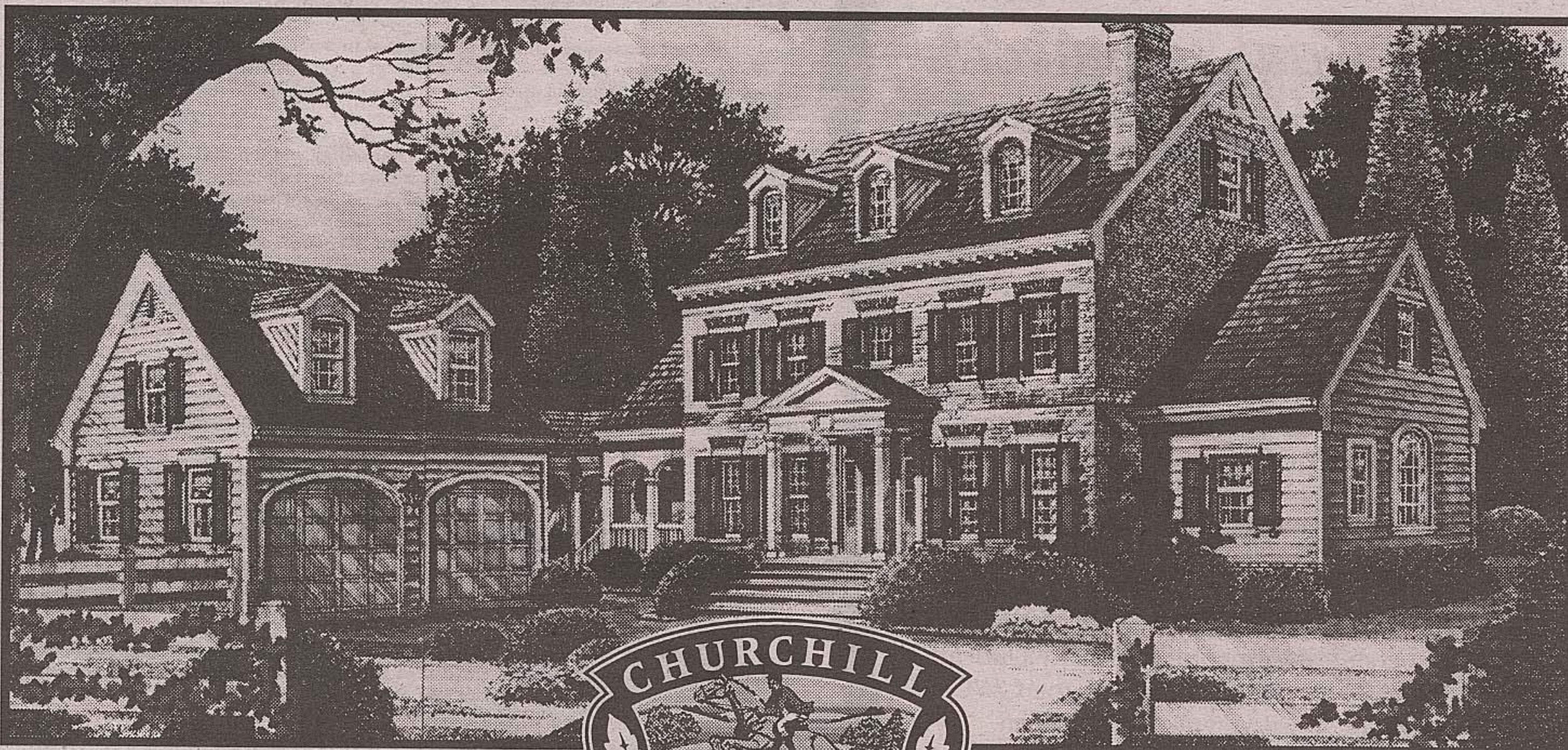
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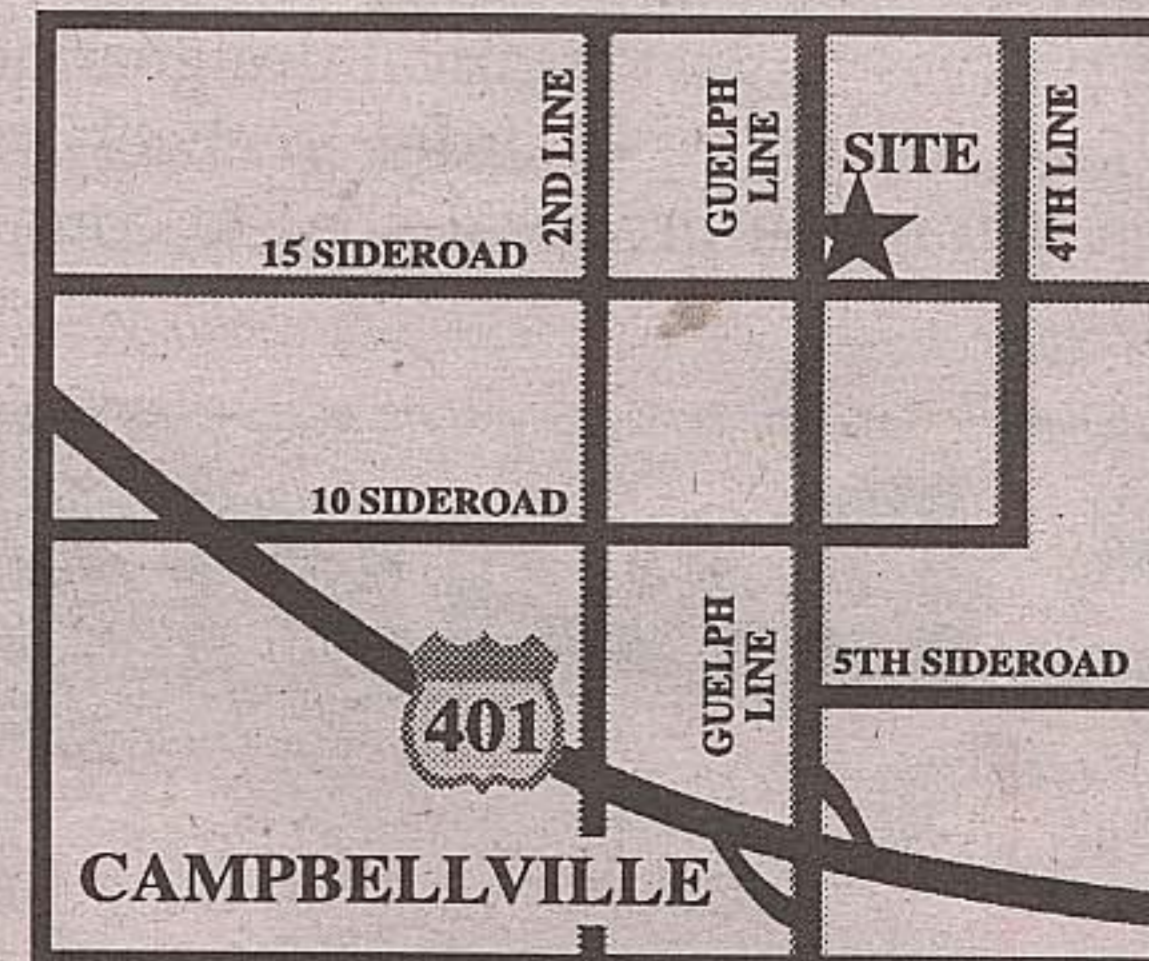


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