

Are you gearing up for Fall but your garden is gearing down?

Join Us At Willow Park Ecology Centre for the: **FALL INTO GARDENING WORKSHOP**

Saturday, September 11, 2004

Willow Park Ecology Centre

Off Mary St., Norval

10 a.m. - 12 noon

Refreshments provided.

Special Guest Speaker: Belinda Gallagher, Master Gardener

Cost: No charge but donations welcome



Free

RSVP requested:

Call Ruth at 905-702-9055 or 905-877-3676

Or ruth@willowparkecolgy.com



Workshop sponsored by:



Start here.

It's not always clear where to begin.

Whether you're looking for work or starting a business, Job Skills can guide you to success!

905-276-9675

Toll Free: 1-866-967-5929

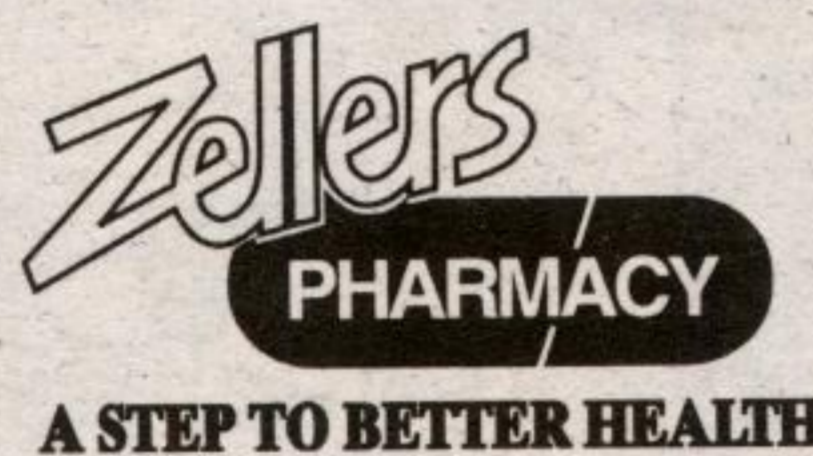
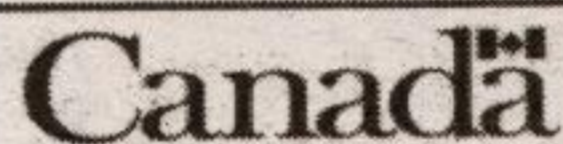
www.jobskills.org



Serving the communities of Dufferin, Halton & Peel
Services provided at no cost to unemployed individuals

© Job Skills

Employment Services at Job Skills are funded by the Government of Canada



A STEP TO BETTER HEALTH

GOOD HEALTH CLINICS



Visit our Pharmacist to talk about your medical condition or just call to easily transfer your current prescriptions.

Join us at our **Diabetes Information Day** to find out more about frequent blood glucose testing and how it can help you avoid diabetes-related complications.

Please call to make an appointment.

The Clinic is open at the following location from 10:00 a.m.-4:00 p.m.

Wednesday, September 15th, 2004

Georgetown Market Place

300 Guelph St.

Georgetown, ON

(905) 877-8761

Free Accu-Chek® Advantage Blood Glucose Meter when you purchase Accu-Chek Advantage Test Strips.

\$9.99 Accu-Chek® Compact Blood Glucose Monitor

See Pharmacy for details.

Cut along dotted line

Y'all invited to a shrimp boil

Forrest (Gump) and Bubba would have been proud—it was a real honest-to-goodness Shrimp Boil! Now, when you say "shrimp boil", you have to say it with the southern accent, or else it just isn't nearly as fun!

Friends of ours have been promising a shrimp boil all summer long and true to form, I continued to remind them of their promise until they came through (I'll do almost anything for a party invite!). It was perfect.

The whole party took place in the backyard, under the trees. It was a beautiful night, Saturday of the long weekend, probably one of the nicest nights we've had all summer. A big table was set up on the lawn complete with party favours for everyone at their place settings. Colourful plastic was used for everything from cups to plates to the salt and pepper shakers. The table was covered with a sheet of plastic and then lined with newspapers. The idea being that after the meal, the hosts could roll up the sheet of plastic and put the whole thing in the garbage can.

So, here's how it worked. First they rented a 10-gallon pot with a strainer insert and a propane stand to cook it on. Insert the strainer into the pot and fill half full with cold water. Get the water boiling and then add a homemade version of Old Bay Seasoning (unfortunately, the recipe is not mine, you'll have to ask Foodstuffs on Main St. for that one).

Then in go baby new potatoes. (Remember that I was drinking wine by now, so forgive me if the order of ingredients is a little confused). After a short time, in go the peeled pearl onions and baby carrots. Then next goes the fresh local corn (each cob broken into three pieces). Next

What's cookin'



Lori Gysel
Gerry Kentner

go the chunks of kolbassa. Then at the very end go the shrimp—pounds and pounds of shrimp. The shrimp only take a minute or two to cook, then the strainer gets lifted out of the pot and allowed to drain for a couple of minutes. Then, our host picked up the whole strainer and dumped the contents all down the middle of the table—right onto the newspaper. It stayed in a nice heap with no juices running all over the place because he had drained it well.

Everyone just grabbed their plates and literally shoved food onto them. There was butter, lemons, salt, pepper and cocktail sauce if you wanted. But everything was so tasty and the corn was so sweet, you really needed no accompaniments at all. Some cutlery was used at a few points, but most of the eating was done by hand. There were big steel buckets in the middle of the table for scraps. They thought of everything.

By this time, candles everywhere lit up the yard, drinks flowed around the table, conversation was fun with some new friends and some old, laughs were shared—the night was magic. What a wonderful way to end the summer and welcome in the fall season! Thank you.

Have fun and keep cooking!

www.kentnerscatering.com

Armenian Bread

Dough ingredients

- 2 1/2 cups flour
- 1/2 tsp salt
- 1 cup warm water

Topping ingredients

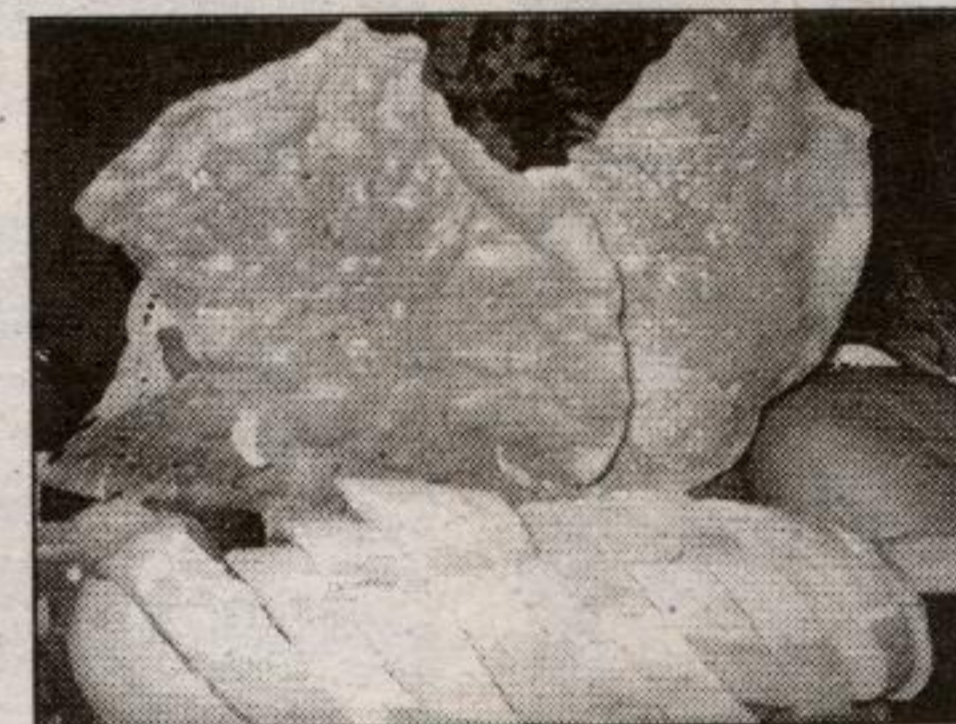
- 1 egg, beaten
- sesame seeds
- poppy seeds

Method

Combine flour and salt in a mixing bowl. Stir well to blend. Add water to flour mixture. Stir with a wooden spoon until mixture forms a soft dough.

Turn dough out onto a floured surface and knead well for about 10 minutes until smooth. Place in a greased bowl, cover with a damp

cloth and allow to rest at room temperature for two hours.



Divide dough into eight equal portions. Roll each piece into a very thin round (or oval shape, as long as it is thin). Transfer to baking sheet and brush with beaten egg. Sprinkle on sesame seeds and poppy seeds and prick well with a fork.

Bake in a convection oven at 350 degrees F for six-seven minutes. Store cooled breads in an airtight container.

Optional toppings: garlic powder and chopped dill; dried red pepper flakes; sautéed onion and bacon; grated Parmesan cheese; seasoning salt.

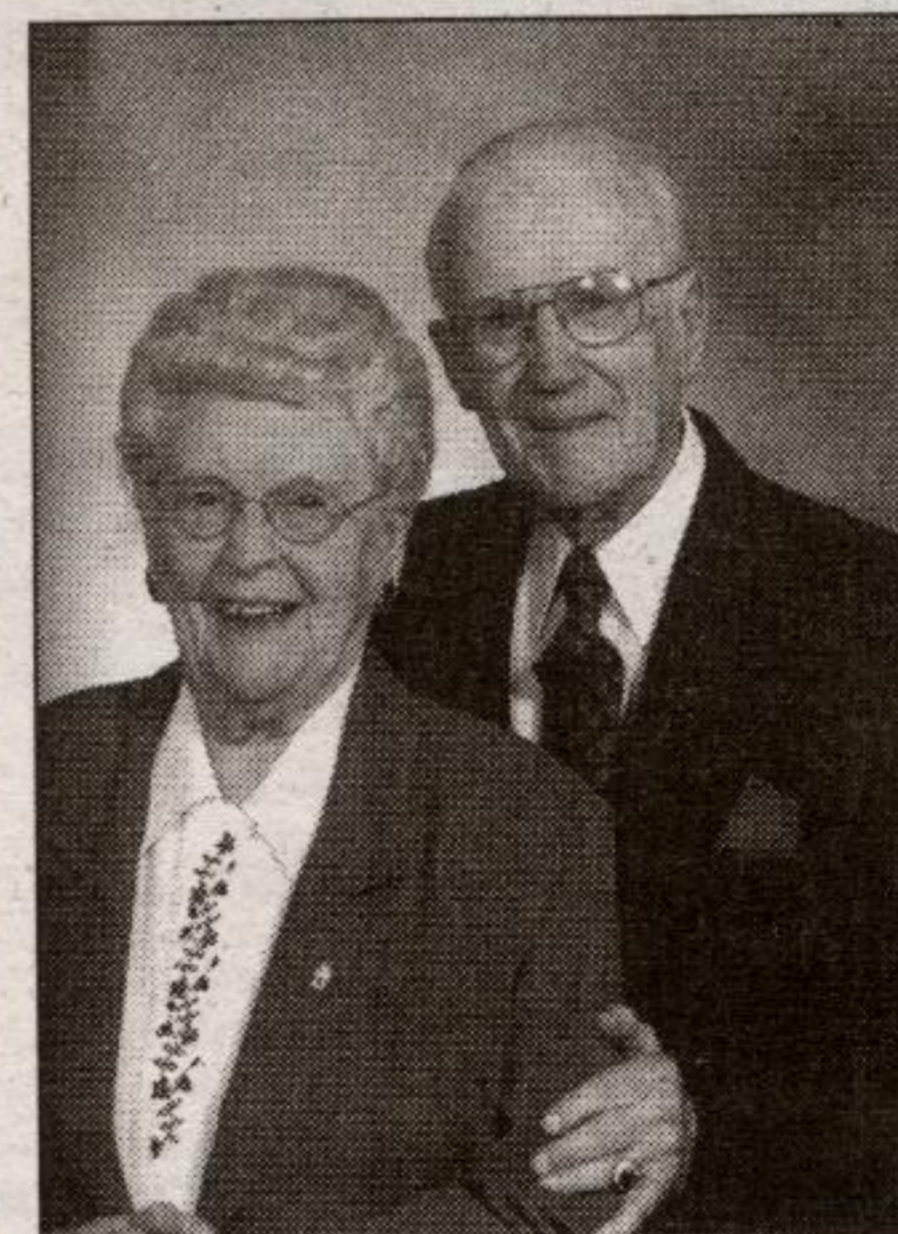
60th Wedding Anniversary
OPEN HOUSE
Vi and Ted Gorth

Saturday,
September 11, 2004

2-4 pm

to be held at St. George's
Anglican Church Hall
60 Guelph Street
Georgetown

Overflow parking in high school parking lot (driveway next to church driveway)



Vi and Ted Gorth



HAVE YOU SEEN ME?

My family is very worried about me. If you know where I am, please call 416-238-1006.

My name is Munchkin, I am pale orange and white Female - 5 years old.