

Memories of Dad and a dish from the Old Country

Gerry is writing today

I made mince and tatties (pronounced TAWTTIES) today; a traditional Scottish comfort food. As I have never made Haggis and last week was Robbie Burns birthday (the Scottish poet), I was inspired to make something from my homeland.

Yes, I was born in Scotland in 19?? and emigrated to Canada with my parents at the age of one. I never had a Scottish accent, like my late father, John Calder, whose accent was as thick as the day he stepped off the ship.

This brings me back to the last time we had mince and tatties. It was in January, four years ago at our house. My Dad, who lived at Mountainview Residence, always expressed his desire to again be in the kitchen and how much he missed it. So, with him, we planned an evening when he and his friend, Dorothy, could come over and he could make his favourite dish. He was 85 at this time. When they arrived, I gave Dorothy an apron and sent them to the kitchen, where I had set out all their ingredients. We went to the living room and let them be. The laughter and chatter between them was precious as she prepared the potatoes and Dad prepared the mince.

Now, my Dad prepared his mince in two ways. One with the meat and



onions only and one with the carrots and peas, which is the way he says my sister liked it best. So, this day, we had it with the works. Six o'clock came, Dad sat us all down and he served us his Scottish treat. What a delicious job they did and we hadn't seen him so happy and fulfilled in a long while.

After dinner, I served our tea and of course, my apple pie, which was my Dad's favourite dessert, served in a bowl, warm with milk poured over top.

Not long before this, my siblings and I sent my younger sister a few recipes from each of us. Included in this was my Dad's recipe for mince, the only recipe we ever had in his handwriting. It isn't precise, it has no measurements, but it is the most precious in my vast collection. Thanks Dad.

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Mince and Tatties

(pronounced mince and TAWTTIES)
Serves 4-6

Ingredients

- 2 tbsp vegetable oil
- 1 lb lean ground beef
- 1/2 Spanish onion, diced
- 4 cups water
- 2 cups beef broth
- 2 carrots, diced (optional)
- 1 cup frozen peas (optional)
- 1/4 to 1/3 cup gravee or bisto
- salt and pepper to taste



2. Add water and beef broth; simmer covered for 45 minutes.

3. Add carrots and peas. If your meat and vegetables are not immersed in liquid, add more broth to do so. Simmer 15 more minutes.

4. Mix gravy thickener with 1/2 cup water. Simmer 2 minutes or so until sauce is of the right consistency. Adjust flavour if necessary by adding salt and pepper.

5. Serve over mashed potatoes.

Method

1. Brown ground beef in oil, then add onions and sauté until onions are translucent and beef is cooked through (approximately 10 minutes).

Physio News

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WINTER FUN WITHOUT INJURY

Before heading out to the ice, snow, trails or slopes, Canadians need to remember that winter activities often pose a higher risk of injury if time isn't taken in advance for proper body conditioning. Among the most common winter sports injuries are separated shoulders, knee sprains, torn ligaments, pulled muscles and wrist fractures. Even those who have been active throughout the summer can fall prey to the injuries of winter sports, mainly because the body's muscles need different conditioning for the flexibility and balance demanded by most winter activities. More than any other group, skiers and snowboarders seem the most susceptible to injuries including strains, sprains and fractures.

The most important thing to improve way to help guard against injury is to do a good dynamic warm-up before any activity – warm-up to ski, don't ski to warm-up. Try simple exercises like leg swings or slalom jumps to help work on your balance plus core, hip, knee and lower leg strengthening exercises. The level of activity being exerted also needs to be realistic. Resist the urge to over do it, especially at the beginning of the winter season. A good conditioning program prior to sharpening the skate blades or hitting the slopes can increase leg strength and endurance. Workouts to strengthen thighs, hamstrings, gluteals and abdominal muscles can also help. As experts in movement and mobility, physiotherapists can help develop an exercise program specially-tailored to the individuals needs; putting together the right combination of activities to improve physical fitness and avoid injury.

The "ABC's of Smart Training"

A is for Alignment – People spend a lot of time in seated postures, which can affect postural alignment. This may limit the body's ability to achieve and maintain peak capacity and may lead to pain or injury. A physiotherapist can tailor a program of stretching and strengthening exercises to promote optimal postural alignment.

B is for Balance – Balance is a fundamental component of any sport, especially skiing. If you have a sedentary lifestyle, you may need to "train" your balance reactions for sport related activity.

C is for Core Training – Skiers and boarders need a strong core or torso as an "anchor" for the legs. These are the muscle groups that work together to stabilize the trunk. Exercises that have a rotational component and work the core areas in three dimensions are best. While many sports such as cycling, or weight training are one-dimensional, life and sports, like skiing, are 3-D so you must train for them.

D is for Deceleration Control – Skiing and boarding are all about controlling the gravitational pull. A typical ski turn usually lasts 2-3 seconds. Skiers must be able to control their deceleration speed to slow the forces of gravity and finish their run safely. Exercises that work the quadriceps in a slow controlled manner such as step ups, split squats and lunges are excellent ways to train for this. They mimic the forces of skiing and allow you to improve strength in a hip-extended position - the functional position for all sports.

If you are experiencing pain from an injury, and that pain is keeping you from returning to your winter activities see a physiotherapist today. Physiotherapists are primary health care professionals who help people of all ages and lifestyles gain and maintain their physical mobility. With their applied knowledge and understanding of the human body in action, physiotherapists can work with you to increase your mobility, relieve pain, build strength, improve balance and increase cardiovascular function.

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SUDOKU

				2			7
	4	8		7		1	
				5		9	6
		1	3		7	4	5
	3						9
4		7	9		5	2	
8		4			3		
		9		6		8	2
1			4				

The rules of Sudoku are simple

Enter digits from 1 to 9 into the blank spaces.

Every row must contain one of each digit.

So must every column, as must every 3x3 square.

Each Sudoku has a unique solution

that can be reached logically without guessing.

Last Weeks Solution.

6	9	3	8	1	2	5	4	7
5	4	8	6	7	9	1	3	2
7	1	2	5	3	4	9	8	6
9	8	1	3	2	7	4	6	5
2	3	5	1	4	6	7	9	8
4	6	7	9	8	5	2	1	3
8	7	4	2	9	3	6	5	1
3	5	9	7	6	1	8	2	4
1	2	6	4	5	8	3	7	9

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\$200 per Child
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Questions? HCAmarchbreakcamp@hotmail.com

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