

Beat the winter blahs by following your desires

Gerry is writing today

They say (whoever 'they' are) we should have happenings and events planned in the New Year to give us something to look forward to and to help us get through the cold winter months. And it works! The last week of January, I had some things planned and it turned out to be a great adventuresome food-related week for a foodie like me.

The beginning of the week, Lori and I, as well as another friend of ours attended a Bonnie Stern cooking class, which was part of the City of Toronto's Winterlicious WinterCity Festival—a celebration of culture, creativity and cuisine. Bonnie's class was a Fishilicious class featuring three main courses, an appetizer, three side dishes and a dessert; as well as a copy of her new *Heart Smart Cookbook*. Bonnie is always entertaining, personable, knowledgeable and serves up delicious food. We have already tried a couple of her recipes— that's what you gotta do. It was a great evening.

The next day, I had a trip to Toronto to have some lunch and shopping with a girlfriend. Smoked salmon for lunch for me—mmm good. I had the opportunity of stopping by Ace Bakery's

**Lori Gysel
&
Gerry
Kentner**



head office and bakery to pick up a treat for the next day's breakfast. Ace Bakery products are available locally in some stores, as many of you are aware. My favourite item is rectangular cranberry focaccia filled with cranberries and raisins and the crisp golden crust is dusted with turbinado (raw) sugar. No butter needed here— just slice and serve, but you'd better buy two because it won't last long.

Later that afternoon, we stopped for a cappuccino at the original home of Carol's Cheesecake Factory on Castlefield. The comfortable, modern black and white décor provided a warm respite from the cold with a warm drink and a wide variety of desserts to choose from. We opted for a cappuccino and a mini cheesecake

dessert. Sometimes, all you need is a little bite.

The next day, I ventured up to the Real Canadian Superstore to take part in the What's for Dinner lunchtime cooking class. The chef this day had been a chef to the Royal Family for 16 years. While preparing his stuffed pork chops, he regaled us with stories of the palace, the Royal Family, logistics of serving, catering on the royal yacht *Britannia* and other royal properties.

Before the evening cooking class the same night, the chef came over to visit Dave and I— for what else?— a cup of tea. As I whipped up a couple of kinds of hors d'oeuvres to serve, I wondered what wonderful afternoon teas he had served the Queen over the years. So I asked him, and we enjoyed his fascinating conversation. A very enjoyable day with a very interesting fellow.

All in all, it was a great week. So make some plans to follow your desires and have some February/March fun! Have fun and keep cooking!

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

*The recipe, Rainbow Trout with White Wine and Almonds,
follows on page 12.*



The Regional Municipality of Halton www.halton.ca

TAKE IT BACK! HALTON

www.halton.ca/takeitback



Take It Back! Halton is a program that allows residents to return household items to retailers to ensure they are reused, recycled, or disposed of in an environmentally safe way.

Items currently accepted by Take It Back! Halton partners include:

- | | | | |
|--|---------------------------------|--|--|
| | Batteries (rechargeable) | | Light bulbs |
| | Batteries (disposable) | | Medications |
| | Car Oil | | Plastic shopping bags |
| | Cell phones | | Refrigerators, freezers, air conditioners |
| | Cork | | Sharps (needles, syringes, lancets) |
| | Eye glasses | | |
| | Ink cartridges | | |

For a complete list of Take It Back! Halton partners, please visit www.halton.ca/takeitback or call Halton Region at 905-825-6000 or 1-866-4HALTON (1-866-442-5866) or TTY 905-827-9833.

Take It Back! Halton will assist Halton Region in reaching a 60 per cent diversion of residential waste away from the landfill. This initiative is part of the 2006-2010 Solid Waste Management Strategy to promote product stewardship.

If your business is interested in becoming a Take It Back! Halton partner, please visit www.halton.ca/takeitback for more information.

Volunteers needed for provincial drinking water lead testing program



Halton Region is committed to providing residents and businesses with safe, clean drinking water. Halton has routinely tested for the presence of lead and historically there have been no issues with lead in our municipal drinking water. However, as legislated by the Ministry of Environment, Halton Region must test for the presence of lead in drinking water at consumers' taps. Halton Region is looking for residents and businesses to volunteer for this community-wide drinking water sampling program.

- We are looking for people who live in an older home who suspect they have a lead service connection or lead in their home's plumbing. (Homes built before 1952 may have lead service connections or internal lead plumbing, and homes built before 1990 may have lead solder connecting copper pipes.)
- Halton staff will require access to your property to collect a sample. Testing is free and the results will be shared with you.

Please register for this program by March 7, 2008. For more information call Halton Region at 905-825-6000 or 1-866-4HALTON (1-866-442-5866) or visit the website at www.halton.ca/LeadInWater.

Justin Trudeau to join Halton Region in recognizing environmental excellence in youth

Halton Region is now accepting applications for the Halton Regional Chair's Environmental Awards Program. The Awards Program was designed to foster an appreciation for the environment in Halton's youth and to raise awareness of local environmental initiatives. Students can find application information at www.halton.ca.

Award winners are invited to the Regional Chair's Breakfast On The Environment at the Burlington Convention Centre on Wednesday, April 23, 2008, at 7:00 a.m. This breakfast features Justin Trudeau as the keynote speaker, and is sponsored by Bell and TD Friends of the Environment Foundation. Businesses and individuals are encouraged to visit www.halton.ca to learn more about sponsorship opportunities and how to order tickets.



Gary Carr
Gary Carr
Regional Chair

Halton Regional Meeting Schedule
Feb. 27 9:30 a.m. - Regional Council