

Upcoming community dinners

Volunteer appreciation

The Acton branch of the Canadian Cancer Society is hosting a volunteer appreciation night, including a three-course dinner and entertainment, for all Canadian Cancer Society volunteers in the Acton/Wellington County/Guelph unit, on Tuesday, Oct. 2, 6:30 p.m. at the Acton Legion. If you would like to attend, call the Guelph Unit office, 519-824-4261.

Hungry Man's Breakfast

Georgetown Legion hosts a Hungry Man's Breakfast, Saturday, Oct. 6, 8-11 a.m. at the branch upstairs (elevator available). Cost is \$5 per person (children under 12, \$2.50) Takeout available.

Thanksgiving dinner

Residents are invited to enjoy the second annual Thanksgiving Dinner, Monday, Oct. 8, with members of Georgetown Christian Reformed Church, 11611 Trafalgar Rd. This invitation is extended to members of the community who are alone and not able to join family for this festive holiday. Doors open at 2 p.m. and dinner is served at 2:30 p.m. To make reservations, call the church office, 905-877-4322, Henry Dekker, 905-873-7275. For a ride call Martin Boomsma, 905-877-5843.

Shore supper

Huttonville United Church hosts a Shore Supper (fish fry) on Thursday, Oct. 18, 5:30-7:30 p.m. at Huttonville Community School. For tickets, adults \$15, children \$7, call 905-455-8258 or 905-453-7392.

Gala Dinner Dance

Strictly Dance Parents' Committee hosts a Gala Dinner Dance at Il Cavaliere Banquet Hall in Brampton on Friday, Oct. 19. The committee is a non-profit organization, which raises funds to help fund competitions, costumes, recitals, scholarships, and needy families taking classes at Strictly Dance. Tickets are \$80. Contact Julia, Strictly Dance, 905-702-9728.

Annual beef dinner

Knox Presbyterian Church, corner Main & Church St. Georgetown hosts its annual beef dinner on Friday, Oct. 19, with sittings at 5 p.m. and 6:15 p.m. Adults \$13, 12 and under \$6. Tickets at church office: 905-877-7585 or 905-873-6220, 905-877-4257.

'Green' guide to food shopping

A few weeks ago, Gerry was telling us about a wonderful soup that she had while on holiday on Mackinac Island. It was a sweet potato, leek and maple soup. She promised that she would work on trying to recreate a recipe so that you could try it to. So, that is the recipe we bring you today.

Last week I was ranting and raving about trying to green up our food shopping efforts. Well, I have been trying to do so and here are a couple of tips I have learned:

1. There is the same amount of packaging on a big roast (chicken, pork) as there is on a little one. So, buy the bigger one, cook it up and then there is enough for a couple of night's meals. Or, enough to have company over and then your company doesn't have to turn on the oven that night.

2. While you've got that big roast in the oven, it takes no time at all to whip up a batch of muffins or cookies or a banana loaf that can bake at the same time with the roast— saves some oven time later. Or, if you are not a sweet fan, you can also toss in a pan of peppers and onions, roast them up and then use them all week long in your sandwiches and salads.

3. My family has almost always eaten homemade salad dressings, because we just don't like the store-bought kinds. But now I've figured out that if I get out the ingredients on Sunday and make up a couple of jars of homemade dressing, it lasts nicely throughout the week. Saves me time at dinner prep time, pretty

Lori Gysel & Gerry Kentner



much guarantees that we'll have a salad every night and if you are used to buying the store-bought kind, it will cut down on the amount of bottles going into the recycle box.

4. Watch the sale shelf in the produce dept. There are excellent buys to be had there and if nobody buys it— before long, that stuff is going in the garbage. If you are cooking, then the sale priced stuff is fine. If you are trying to eat it fresh, it won't be to your liking.

5. I have also learned that if you do your shopping with bins, boxes and cloth bags— you'd better go home, unload and get those carrying items back into the car asap. Because if you don't, you will never remember them when you are going to the store and you end up with plastic bags.

I think that's all I've thought of this week, but I'm trying to learn. If anyone else has got any great ways to "green up" when it comes to food purchasing/cooking, then let us know at whatscookin@independentfreepress.com

Have fun and keep cooking!

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

Sweet Potato, Leek and Maple Soup

Ingredients

- 3 medium-size sweet potatoes
- 1 bunch leeks (3-4)
- 16 cups chicken stock
- 3 tbsp vegetable oil
- 1/4 cup maple syrup
- salt and pepper

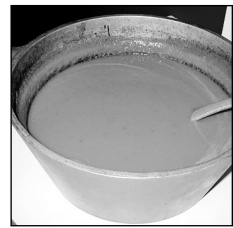
Method

1. Wash leeks well and slice white part and an inch or so of the green part into thin slices.

2. Sauté leeks in oil until wilted.

3. Peel sweet potatoes and chop into small chunks.

4. Add sweet potatoes and chicken stock to leeks. Bring to a boil, then reduce heat to a simmer. Simmer 20-30 minutes until potatoes are tender.



5. Cool soup slightly, then puree in a food processor or blender.

6. Return soup to the pot. Add maple syrup, salt and pepper. Warm up and serve.

Cook's note: if you'd like a creamier soup, you could add 1/2 cup 35% cream at this point. If you would prefer a lighter cream, that is fine, but then be careful not to bring the soup back to a boil or the cream will split.

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Life Chain Sunday
Join in a show of support toward Respect for life - from conception to natural death.
Join the Life Chain Sunday gathering on Guelph Street and Maple Avenue, Sunday September 30th, 2:30 to 3:30 pm.
This is an ecumenical, peaceful, prayerful show of unity with the pre-birthed of our society.
For further information go to - www.lifechain.net

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Lee Romanov
President, InsuranceHotline.com



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Look at this chart...There's a spread of \$1,000's from the insurance company offering the lowest rate to the highest rated company.

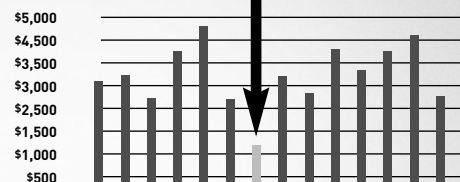
30 Insurance Companies Quoted - Lowest to Highest Rate

Driving Record	Vehicle	LOW	HIGH
Good Record	Pontiac Grand Am SE 4DR	\$1,313	\$4,698
2 Tickets	Chevrolet Blazer S Series 2DR 4WD	\$1,588	\$5,509

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