

Cook of the Week



Our cook of the week is Cora Ropchan. Cora has lived in Terrace Bay for 30 years with her husband John who has been in town since 1947. Cora has three children - Michael Moore, Cheryl Kent of Thunder Bay and David Bajkiewicz and five grandchildren.

Cora has been a familiar face in Moore's of Terrace Bay for 15 of the 16 years that it has been in business.

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Active in the community, Cora has been an elder in the Community Church for nine years, is the first past president of the Legion Auxiliary and is presently the first vice president. For relaxation Cora enjoys doing crossword puzzles.

Dark Fruit Cake

3 cups seedless raisins
6 ounces chopped fruit
8 ounces chopped cherries
8 ounces pineapple chopped
8 ounces citron chopped
8 ounces chopped pecans
8 ounces chopped walnuts
1/2 cup flour for dredging
1 1/2 cup flour for mixing
1/4 tsp. soda
1 tsp. cinnamon
1 tsp. allspice
1/4 tsp. mace
1/4 tsp. nutmeg
2/3 cup butter
2/3 cup brown sugar
4 eggs
1/2 cup molasses
3 tbsp. fruit juice
3 tbsp. brandy
1/2 cup preserved strawberries

Method:

Prepare fruit and nuts with dredging flour. Sift mixing flour, soda and spices. Cream butter, gradually add sugar, cream till light and fluffy.

Add well beaten egg yolks, beat. Add molasses, fruit juice, brandy and strawberries, blend.

Add fruit and nuts - fold in dry ingredients.

Beat egg whites until stiff, fold into batter.

Turn into pans that have been greased and lined with wax paper, fill about 3/4 full.

Bake in a slow oven 250 degrees for 1 1/2 hours for cakes weighing 5 lbs. or less. This recipe makes 5 lbs. of cake. Can easily be doubled.

Bits and Bites

by Helene Ballard

A warm hello to all of you. Another week gone by, time sure flies - so how about a bit of chit chat?

Last Wed. the 27th we had a very nice enjoyable evening at Birchwood. Our hostesses were the Ladies from the Auxiliary of Birchwood who always work so hard to do things for the Residents and we would like to say many thanks to these ladies, we are very grateful for all your hard work.

Mr. Yvon Parise was kind enough to take time from his work to come and play for us, along with his son. We also had some very good accordion music played by Mr. George Jean.

Miss Angela Prince added much to the evening with solos on the sax. She will surely be a good sax player in a few more years. I understand she is a grade 13 student, all I can say Angela is "Keep up the good work and I am sure you will give much pleasure to others."

Another treat for us was four young girls who sang several selections for us, Misses Fanya Robinson, Jennifer Luxmore, Sharon McKie and Angela Ziegler. Louise Parsie, Jeanne Jean along with Lillian Belliveau also sang for us. The residents got a chance to exercise their vocal chords with a "Sing along" of course no party at this time of year would be complete without "Jingle Bells" and even the old timers joined in on

this one. As usual the ladies served us a tempting lunch.

After a very enjoyable time we retired with the sound of music still ringing in our ears. Our thanks to all.

Another new resident has joined our "Family" and we welcome Norma Fummerton and hope she enjoys her stay at Birchwood.

Our busy and very capable activities director Joann LeBlanc is transforming Birchwood into a Christmas Fairyland. The lovely Christmas decorations are very bright and add to the feeling of the season which we should all have this time of year.

I know you are all busy but please pause to remember those less fortunate souls and if you go shopping in Thunder Bay, help keep the Salvation Army kettles boiling. I am sure you won't miss a couple of bucks, and best of all just think how good you will feel to know that you did your part in bringing joy and comfort to others. God Bless you.

Our thanks to Lou Duquette for the loan of a very nice and useful hospital bed. Folks around here are so very generous to us at Birchwood and we are most grateful.

I have been several weeks without a "Bite" but sorry to say I have one this week and it is not new because I mentioned it several times last winter in as nice a way as possible but it seems there are some



people who just don't care.

I am talking about snow machines - come on guys it seems to me that five o'clock in the morning is a bit early to ride through the back of the Home and down through the parking lot of the hospital. Those machines can be very loud and noisy at that hour.

This took place 2 weeks ago on a Sunday, also one evening last week a machine went through our driveway at a good rate of speed please do not let this happen again. I am sure there are dozens of places to ride besides here, so I appeal to your sense of fair play, and consideration for others. Thank You.

Until next time stay well, drive carefully and dress warm when you go out.

Don't forget to get in a supply of that wonderful thing called "Mistletoe", gee I wonder if we will have any here at Birchwood, might be fun if any of us have enough energy in us to "Pucker up," well we can try. "Cheerio."



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What will he be like mommy?

mental retardation affects thousands of Canadians...

You can reduce the odds

Parents can avoid many birth related defects through sensible living habits. You should take these precautions:

1. Stick to a well balanced diet with lots of fresh fruits and vegetables.
2. Avoid excessive use of alcohol and non medical drugs.
3. Cut down or cut out smoking.
4. Ask your doctor to make sure you both have compatible blood types.
5. Notify your doctor of any family history of retardation or other medical problems on both sides.
6. Be sure you are immunized against German measles.
7. Avoid excessive exposure to X-Rays.
8. Get your doctor's approval before taking drugs or medication and take only what is necessary.
9. Visit your doctor regularly... and take his advice.
10. Insist that your baby be given a P.K.U. test before leaving the hospital. It could mean preventing retardation before it occurs.

To learn more about Mental Retardation and to get involved call your local association for the mentally retarded

Schreiber-Terrace Bay Association for the Mentally Retarded

P.O. Box 212
Schreiber, Ont. PoT 2W0

824-2548

