



# THE PAL PULSE

## Fall Edition 2024

September, October, November, December

**Pembina Active Living (55+)**  
“Enhancing the lives of older adults”



### NEW Office Hours: Monday-Thursday 9:00 am-3:00 pm

#### In Office Hours:

Mondays: 9 am - 1 pm  
Tuesdays: 9 am - 3 pm  
Wednesdays: 9 am - 3 pm  
Thursdays: 9 am - 1 pm

Mondays & Thursdays  
1 pm - 3 pm

Staff can be contacted by  
phone or email

#### NEW LOCATION

TRINITY UNITED CHURCH  
933 Summerside Ave.  
Winnipeg, MB, R3T4Y1

### Upcoming Events ...

October 17th, 2024  
Fall Gala Evening

December 10th, 2024  
Christmas/Holiday Party

Office Closed :  
December 23rd - January 2nd

PAL (55+) Weekly E-blast  
circulates Fridays with  
upcoming programs,  
events & information.

# Sip & Support

## Pembina Active Living 55+ Fundraising Gala



This special evening is to raise funds  
to enhance the lives of older adults  
living in South Winnipeg.



A stunning event at a beautiful venue, creative food  
with tastefully chosen wines. The special touch of  
beautiful local music make this a wonderful evening  
to share with friends.

**OCT 17, 2024**  
**7:00pm-9:00pm**  
**The Waverley**  
**857 Wilkes Ave.**



With partial tax receipt

Tickets are available at the PAL Picnic—Aug 20th  
or by calling PAL at **204-946-0839**



The Waverley & Rosewood  
RETIREMENT LIVING



www.pal55plus.ca



pal55plus



Pembina Active living 55 plus



pal55plus

**Declaration:**

“That Pembina Active Living (55+) operates on the original lands of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.”

**Message from Susan Fletcher, Executive Director****Happy Fall Everyone!**

This Fall, as we continue to celebrate the 15th anniversary of Pembina Active Living (55+), we will also be celebrating our new home! It is my pleasure to announce that our new home will be at Trinity United Church. All PAL (55+) programs will continue at our new digs, with a few changes to dates and times of programs. Please check the schedule. Special thanks to our new partner, Trinity United Church for doing everything possible to accommodate us!

As I look back on when I started at PAL (55+) three years ago, so much has changed! We have more programs and special events, increased membership & volunteers, and have developed outreach programs as well! Thank you to our board, staff, and volunteers for making Pembina Active Living (55+) the place to be for older adults in South Winnipeg! Special thanks to Tenille Wilson for her dedication to PAL over the last nine years. You will be missed!

Finally, I would like to send a big thank you to our tireless picnic committee who has worked so hard to make our “*PAL (55+) Annual Picnic and Membership Drive*” a success! Whether you take a walk amongst the beautiful leaves of Fall or sit around a cozy fire with friends, I hope you take time to enjoy life!

Sincerely,  
*Susan Fletcher*  
Executive Director

**PAL (55+) Membership Rates 2024-2025**

Individual: \$30/year.

Family of two at same address: \$50/year.

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Life-time individual: \$250.

Life-time family at same address: \$400



# Farewell & Best Wishes Tenille


It's with mixed emotions that we announce Tenille Wilson's departure from our team at Pembina Active Living (55+). She has been with PAL (55+) for last nine years, she has been an invaluable member of our team, bringing her creativity, dedication and expertise to PAL (55+).

Tenille has accepted an exciting new opportunity, and while we are sad to see her go, we are thrilled for her as she takes this step in her career journey.

Please join us in wishing Tenille all the best in her new role. Her contributions here have been deeply appreciated, and she will be greatly missed by all the Staff and members at PAL (55+).

Thank you Tenille, for your hard work and camaraderie over the years. We hope our paths cross again in the future. All the best to you Tenille!





**Fort Garry  
Seniors Resource  
Finder**

Information and Referral Hub

Let us help you find the  
information you need and  
point you in the right  
direction - connecting you  
to community resources.

**Patti Berube**  
**Seniors Resource Coordinator**

**204-792-1913**

Email:  
**fortgarry@aosupportservices.ca**

Website:  
**www.aosupportservices.ca**

## **Board Executive 2024-2025**

<b>President</b>	Fred Pennell
<b>Vice President</b>	Mohamed Ismath
<b>Secretary</b>	Suni Matthews
<b>Treasurer</b>	Dr. Sandra Sukhan

## **PAL (55+) Staff**

**Executive Director**  
Susan Fletcher  
ed@pal55plus.ca  
(431)277-7893

**Program Coordinator**  
Renée Vincent  
programs@pal55plus.ca  
(204)946-0839

**PAL (55+) Street Address:**  
933 Summerside Ave.  
Winnipeg, MB, R3T 4Y1

**Mailing Address:**  
PO Box 70054, RPO Kenaston.  
Winnipeg, MB, R3P 0X6

**PAL (55+) Office Hours:**  
September - June  
Monday-Thursday  
9:00 am-3:00 pm

**In Office Hours:**  
Mondays: 9 am - 1 pm  
Tuesdays: 9 am - 3 pm  
Wednesdays: 9 am - 3 pm  
Thursdays: 9 am - 1 pm

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Mondays & Thursdays  
1 pm - 3 pm

**Staff can be contacted by phone or email**

**Winter edition deadline for content and advertisements is approx. November 1st, 2024.  
Please contact the editor at [programs@pal55plus.ca](mailto:programs@pal55plus.ca)**

**Advertisements welcome, various sizes.  
Enquire about our reasonable rates.**



Pembina Active Living (55+)



# Lunch PAL's August Outing

Thursday, August 29th - Altona, MB  
Limited spots available

Meeting time - 10:00AM at 170 Fleetwood. (WRCC)

Lunch - 11:30AM  
Potpourri of Flavours (115-4th Ave)

Site - 1:00PM  
Gallery in the Park -Sculpture Garden (245-10th Ave)

Cost  
\$5.00 - transportation (if passenger)  
Cost of Lunch at your own discretion

Please advise if you would volunteer to be a driver or if you would request to be a passenger.

To register for these events please contact us at (204)946-0839 or email us at [programs@pal55plus.ca](mailto:programs@pal55plus.ca)



# Sip & Support



## Pembina Active Living 55+ Fundraising Gala



This special evening is to raise funds to enhance the lives of older adults living in South Winnipeg.



**OCT 17, 2024**  
**7:00pm-9:00pm**  
**The Waverley**  
**857 Wilkes Ave.**

A stunning event at a beautiful venue, creative food with tastefully chosen wines. The special touch of beautiful local music make this a wonderful evening to share with friends.



Tickets are available at the PAL Picnic—Aug 20th or by calling PAL at 204-946-0839

With partial tax receipt



Pembina Active Living (55+)



# Save the Date Christmas Tea

Tuesday, December 10th 2024



Winter Programs Registration will be available  
Join us at PAL (55+) to celebrate this festive holiday season!

To register please contact us at (204)946-0839 or at [programs@pal55plus.ca](mailto:programs@pal55plus.ca)



## What's a Tree's Favorite Song in Autumn?

“Don't Stop Be-Leafin'.”



THANK YOU TO OUR SPONSOR

# Senior Scope

News in PRINT and ONLINE: [www.seniorscope.com](http://www.seniorscope.com)

**THANK YOU TO OUR SPONSOR**

# *The* **Waverley & Rosewood** RETIREMENT LIVING

211 Manitoba is a free confidential service available 24 hours a day, seven days a week.

Go to [MB.211.ca](http://MB.211.ca). Community-based government, health and social services designed to meet the needs of diverse populations, across all different aspects of life.



Looking for **Supports**  
for **Older Adults?**

Call **2•1•1**

FREE • CONFIDENTIAL • 24/7

A partnership between **211** Manitoba® **A&O**  
Support Services for Older Adults

## **Looking for support? PAL support Groups**

### **Alzheimer's Support Group for Care Partners**

Monthly - 3rd Monday of the Month  
11:00am -12:00pm  
Trinity United Church - 933 Summerside Ave.

### **Seniors Grieve Too (6 weeks)**

Starts Friday, Sept. 27th  
10:00am—11:00 am  
The Waverley - 857 Wilkes Ave.

# PAL (55+) VOLUNTEERS NEEDED

## Office Support

Seeking multiple volunteers to share the reception duties throughout the year.

- Greeting Visitors
- Answering PAL's Office Phone
- Directing inquiries
- Entering membership and program registrations into the database
- Office organization
- Hours & Schedule can be flexible



## Program Conveners

- **ESL Conversation Circle** 1 time per week (Monday's 10:30am-11:30am)
  - 1 hour class weekly (seeking multiple volunteers)
  - Assisting newcomers to practice speaking English through guided conversation
- **LunchPAL's** 1 time per month (11:30 am, last Friday of the month)
  - Seeking multiple volunteers to share LunchPAL's duties
  - booking LunchPAL's monthly restaurant outing
  - sharing details with Program Coordinator
  - making reservation
  - confirming reservation and number of attendees prior to outing



## Outreach Team

Seeking multiple volunteers to call upon as needed.

- Delivering presentations to the community groups, organization and events
- Promoting our mission at PAL (55+) our programs, classes, events and volunteer opportunities
- Engaging with the public and encouraging them to be a part of our organization



If you are interested in any of the above volunteer positions, please contact our Program Coordinator Renée at (204)946-0839 or at [programs@pal55plus.ca](mailto:programs@pal55plus.ca).





**Autumn**, A time when pie is a food group and living in sweatpants is acceptable.

## PAL (55+) Fall Calendars

## Pembina Active Living (55+) September Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labour Day</b> 2 	3 9:00 - Men's Casual Breakfast (offsite) 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite)	4 10:00 - PINPAL's (offsite)	5 <b>LET'S BE PALS</b>	6 10:30 - Mixed Pickleball INT. L3 (offsite)
9 7:00 - PAL Putters (offsite)	10 9:00 - Men's Casual Breakfast (offsite) 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite)	11 10:00 - PINPAL's (offsite) 1:00 Book Club (offsite)	12 	13 10:30 - Mixed Pickleball INT. L3 (offsite)
16 <b>PROGRAMS START</b> 7:00 - PAL Putters (offsite) 9:30 - Variety Format Fitness 9:30 - ESL Conversation Circle 11:00 - Alzheimer's Support Group for Care Partners	17 9:00 - Men's Casual Breakfast (offsite) 9:30 - Take 5 9:30 - Older Adult Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) <b>1:00 - PAL's NEW HOME OPEN HOUSE</b>	18 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - PAL Painters: Drop-In Painting	19 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games	20 9:15 - Older Adult Weight Training (offsite) 10:30 - Mixed Pickleball INT. L3 (offsite)
23 7:00- PAL Putters (offsite) 9:30 - Variety Format Fitness 9:30 - ESL Conversation Circle	24 9:00 - Men's Casual Breakfast (offsite) 9:00 - Men's Casual Breakfast (offsite) 9:15 - Older Adult Weight Training (online) 9:30 - Take 5 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) 1:00 - PAL Presents <b>Dinner &amp; Movie PAL's</b>	25 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - Still Bloomin' (Garden Club)	26 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games	27 9:15 - Older Adult Weight Training (offsite) 10:00 - Seniors Grieve Too (offsite) 10:30 - Mixed Pickleball INT. L3 (offsite) 11:30 - Lunch PAL's
<b>National Day for Truth &amp; Reconciliation</b> 30 7:00 - PAL Putters (offsite) 9:30 - Variety Format Fitness 9:30 - ESL Conversation Circle	<b>To register for programs please contact us at (204)946-0839 or at <a href="mailto:programs@pal55plus.ca">programs@pal55plus.ca</a></b>		<b>PLEASE NOTE NEW OFFICE HOURS BELOW</b> <b>In Office Hours:</b> Mondays & Thursdays: 9 am - 1 pm    Mondays & Thursdays: 1 pm - 3 pm Tuesdays & Wednesdays: 9 am - 3 pm <b>Staff can be contact by phone or email</b>	

## Pembina Active Living (55+) October Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 - Men's Casual Breakfast (offsite) 9:15 - Older Adult Weight Training (online) 9:30 - Take 5 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) 1:00 - PAL Presents	2 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - PAL Painters: Art with Arlene	3 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games	4 9:15 - Older Adult Weight Training (offsite) 10:00 - Seniors Grieve Too (offsite) 10:30 - Mixed Pickleball INT. L3 (offsite)
7 9:30 - Variety Format Fitness 9:30 - ESL Conversation Circle 11:00 - PAL Cares	8 9:00 - Men's Casual Breakfast (offsite) 9:15 - Older Adult Weight Training (online) 9:30 - Take 5 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) 1:00 - PAL Presents	9 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - Book Club	10 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games	11 9:15 - Older Adult Weight Training (offsite) 10:00 - Seniors Grieve Too (offsite) 10:30 - Mixed Pickleball INT. L3 (offsite)
<b>Thanksgiving</b> 14 	15 9:00 - Men's Casual Breakfast (offsite) 9:15 - Older Adult Weight Training (online) 9:30 - Take 5 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) 1:00 - PAL Presents <b>Dinner &amp; Movie PAL's</b>	16 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - PAL Painters: Art with Arlene	17 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games <b>7-9pm Fall Gala Fundraiser</b>	18 9:15 - Older Adult Weight Training (offsite) 10:00 - Seniors Grieve Too (offsite) 10:30 - Mixed Pickleball INT. L3 (offsite)
21 9:30 - Variety Format Fitness 9:30 - ESL Conversation Circle 11:00 - Alzheimer's Support Group for Care Partners	22 9:00 - Men's Casual Breakfast (offsite) 9:15 - Older Adult Weight Training (online) 9:30 - Take 5 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) 1:00 - PAL Presents	23 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - PAL Painters: Art with Arlene	24 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games	25 9:15 - Older Adult Weight Training (offsite) 10:00 - Seniors Grieve Too (offsite) 10:30 - Mixed Pickleball INT. L3 (offsite) 11:30 Lunch PALs (offsite)
28 9:30 - Variety Format Fitness 9:30 - ESL Conversation Circle	29 9:00 - Men's Casual Breakfast (offsite) 9:15 - Older Adult Weight Training (online) 9:30 - Take 5 9:30 - Mixed Pickleball Beginner (offsite) 11:00 - Mixed Pickleball INT. L3 (offsite) 1:00 - PAL Presents	30 9:00 - Restorative Yoga 10:00 - PINPAL's (offsite) 11:00 - Seniors Fitness 1:00 - Still Bloomin' (Garden Club)	31 9:30 - Always Write (offsite) 9:30 - Drop-In Bridge 9:30 - PAL's Café & Games	<b>LET'S BE PALS</b>

# Pembina Active Living (55+) November Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <div style="border: 1px solid black; padding: 5px; display: inline-block; margin: 10px;"> <b>LET'S BE PALS</b> </div> 		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>To register for programs please contact us at (204)946-0839 or at <a href="mailto:programs@pal55plus.ca">programs@pal55plus.ca</a></b> </div>		<p style="text-align: right;"><b>1</b></p> <p>9:15 – Older Adult Weight Training (offsite)            10:00 – Seniors Grieve Too (offsite)            10:30 – Mixed Pickleball INT. L3 (offsite)</p>
<p><b>4</b></p> <p>9:30 – Variety Format Fitness            9:30 – ESL Conversation Circle            11:00 – PAL Cares</p>	<p><b>5</b></p> <p>9:00 - Men’s Casual Breakfast (offsite)            9:15 – Older Adult Weight Training (online)            9:30 – Take 5            9:30 – Mixed Pickleball Beginner (offsite)            11:00 – Mixed Pickleball INT. L3 (offsite)            1:00 – PAL Presents</p>	<p><b>6</b></p> <p>9:00 – Restorative Yoga            10:00 – PINPAL’s (offsite)            11:00 – Seniors Fitness            1:00 – PAL Painters: Art with Arlene</p>	<p><b>7</b></p> <p>9:30 – Always Write (offsite)            9:30 – Drop-In Bridge            9:30 – PAL’s Café &amp; Games</p>	<p><b>8</b></p> <p>9:15 – Older Adult Weight Training (offsite)            10:30 – Mixed Pickleball INT. L3 (offsite)</p>
<p><b>Remembrance Day 11</b></p> 	<p><b>12</b></p> <p>9:00 - Men’s Casual Breakfast (offsite)            9:15 – Older Adult Weight Training (online)            9:30 – Take 5            9:30 – Mixed Pickleball Beginner (offsite)            11:00 – Mixed Pickleball INT. L3 (offsite)            1:00 – PAL Presents</p>	<p><b>13</b></p> <p>9:00 – Restorative Yoga            10:00 – PINPAL’s (offsite)            11:00 – Seniors Fitness            1:00 – Book Club</p>	<p><b>14</b></p> <p>9:30 – Always Write (offsite)            9:30 – Drop-In Bridge            9:30 – PAL’s Café &amp; Games</p>	<p><b>15</b></p> <p>9:15 – Older Adult Weight Training (offsite)            10:30 – Mixed Pickleball INT. L3 (offsite)</p>
<p><b>18</b></p> <p>9:30 – Variety Format Fitness            9:30 – ESL Conversation Circle            11:00 – Alzheimer’s Support Group for Care Partners</p>	<p><b>19</b></p> <p>9:00 - Men’s Casual Breakfast (offsite)            9:15 – Older Adult Weight Training (online)            9:30 – Take 5            9:30 – Mixed Pickleball Beginner (offsite)            11:00 – Mixed Pickleball INT. L3 (offsite)            1:00 – PAL Presents  <b>Dinner &amp; Movie PAL’s</b></p>	<p><b>20</b></p> <p>9:00 – Restorative Yoga            10:00 – PINPAL’s (offsite)            11:00 – Seniors Fitness            1:00 – PAL Painters: Art with Arlene</p>	<p><b>21</b></p> <p>9:30 – Always Write (offsite)            9:30 – Drop-In Bridge            9:30 – PAL’s Café &amp; Games</p>	<p><b>22</b></p> <p>9:15 – Older Adult Weight Training (offsite)            10:30 – Mixed Pickleball INT. L3 (offsite)</p>
<p><b>25</b></p> <p>9:30 – Variety Format Fitness            9:30 – ESL Conversation Circle</p>	<p><b>26</b></p> <p>9:00 - Men’s Casual Breakfast (offsite)            9:15 – Older Adult Weight Training (online)            9:30 – Take 5            9:30 – Mixed Pickleball Beginner (offsite)            11:00 – Mixed Pickleball INT. L3 (offsite)            1:00 – PAL Presents</p>	<p><b>27</b></p> <p>9:00 – Restorative Yoga            10:00 – PINPAL’s (offsite)            11:00 – Seniors Fitness            1:00 – Still Bloomin’ (Garden Club)</p>	<p><b>28</b></p> <p>9:30 – Always Write (offsite)            9:30 – Drop-In Bridge            9:30 – PAL’s Café &amp; Games</p>	<p><b>29</b></p> <p>9:15 – Older Adult Weight Training (offsite)            10:30 – Mixed Pickleball INT. L3 (offsite)            9:30 – PAL’s Café &amp; Games            11:30 Lunch PALS (offsite)</p>

# Pembina Active Living (55+) December Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>9:30 – Variety Format Fitness            9:30 – ESL Conversation Circle            11:00 – PAL Cares</p>	<p><b>3</b></p> <p>9:00 - Men’s Casual Breakfast (offsite)            9:15 – Older Adult Weight Training (online)            9:30 – Take 5            1:00 – PAL Presents</p>	<p><b>4</b></p> <p>9:00 – Restorative Yoga            10:00 – PINPAL’s (offsite)            11:00 – Seniors Fitness            1:00 – PAL Painters: Art with Arlene</p>	<p><b>5</b></p> <p>9:30 – Always Write (offsite)            9:30 – Drop-In Bridge            9:30 – PAL’s Café &amp; Games</p>	<p><b>6</b></p> <p>9:15 – Older Adult Weight Training (offsite)</p>
<p><b>9</b></p> <p>9:30 – Variety Format Fitness            9:30 – ESL Conversation Circle</p>	<p><b>10</b></p> <p>9:15 – Older Adult Weight Training (online)</p> <p><b>11-2 Holiday Party</b></p>	<p><b>11</b></p> <p>10:00 – PINPAL’s (offsite)            1:00 – Book Club</p>	<p><b>12</b></p> <p>9:30 – Always Write (offsite)            9:30 – Drop-In Bridge            9:30 – PAL’s Café &amp; Games</p>	<p><b>13</b></p> <p>11:30 – Lunch PAL’s</p>
<p><b>16</b></p> <p>9:30 – Variety Format Fitness            11:00 Alzheimer’s Support Group for Care Partners</p>	<p><b>17</b></p>	<p><b>18</b></p> <p>10:00 – PINPAL’s (offsite)            1:00 – Still Bloomin’ (Garden Club)</p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>23</b></p> <p><b>Office Closed: Dec. 23<sup>rd</sup> – Jan. 2<sup>nd</sup></b></p>	<p><b>Christmas Eve 24</b></p> 	<p><b>Christmas Day 25</b></p> 	<p><b>Boxing Day 26</b></p> 	<p><b>27</b></p>
<p><b>30</b></p>	<p><b>New Year’s Eve 31</b></p> <p><b>NEW YEAR’S EVE</b></p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>LET'S BE PALS</b> </div>		

# PAL (55+) Summer Programs



**LunchPAL's Morden Moment in Thyme Neighbourhood Grill & Canadian Fossil Discovery Centre**



**PAL Pedallers Cycling Group**



**Winnipeg Trolley Company The Heart of a Nation Tour**



**LunchPAL's Stonewall McLeod Tea House**



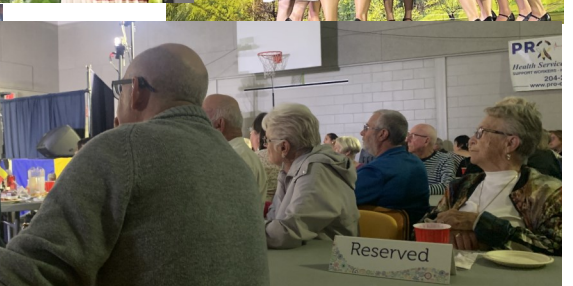
# Folklorama VIP Bus Tour



**South Sudanese Pavilion**



# Romanian Pavilion



# FAVOURITE RECIPES- FROM OUR PAL (55+) MEMBERS

Try some of these  
flavourful recipes  
this Fall!

## CHEESE AND WINE CHICKEN

Submitted by: Carol Kirkland

### Ingredients

4 chicken breasts	1 clove garlic, crushed
1 can cream of mushroom soup	1 can sliced mushrooms drained
2 cups cheddar cheese, grated	1 tsp curry powder
1 cup of white wine	Paprika

### Directions

Place chicken in baking dish.  
Mix soup, white wine, garlic, mushrooms, and curry powder.  
Pour over chicken and sprinkle cheese on top.  
Sprinkle lots of paprika on top. Bake at 325°F for 90 minutes.

## Irish Scones - Submitted by: Laurence Brandt

On a trip to Ireland, our tour group stopped at an Irish dairy, where, in groups of seven, we made scones. A different person took a different step in the dough creation. Back home, we have modified the Irish recipe substituting plain kefir for buttermilk. To make the recipe Vegan, the butter can be substituted with shortening and eggs can be substituted with gluten free vegan egg replacer (from the Natural Foods aisle). Kefir can be found near the yogurt at the store. There is a vegan kind of kefir made with coconut milk. For fruit, I used 1/2 to 3/4 cup dried raisins, soaked in hot water for 30 minutes. You don't need a mixer for this recipe, just a bowl, a spoon and measurers.

\* You may not need to use all the eggs & kefir mixture, so just use about 3/4s of it to start \*

Makes 10 scones.

I used a 6.5 cm diameter round cookie cutter to make the scones. If you don't have one, the top of a juice glass will work.

### Ingredients

2 cups self rising flour (The original recipe called for 300 grams)  
3 Tbsp sugar (The original recipe called for 40 to 45 grams)  
1/2 cup butter, softened (The original recipe called for 125 grams)  
1 egg, beaten  
1-1/4 cups plain kefir (The original recipe called for 175 ml buttermilk)  
1/2 cup dried raisins, soaked in hot water (The original recipe called for Fruit, optional)



### Directions

1. Preheat oven to 200°C (or 392°F).
2. Grease a baking sheet.
3. In a large mixing bowl, add self rising flour and softened butter, rubbing the butter into the flour with your previously washed hands.
4. Add the sugar and mix together.
5. Drain the dried fruit and add it to the dry mixture.
6. In a separate smaller bowl, beat the egg.
7. Add the kefir to the beaten egg and mix.
8. Make a well in the dry mixture and add about 3/4s of the egg/kefir mixture.
9. Using a spoon or your hands (which have been rubbed with flour) mix the wet into the dry.
10. Add some or all of the egg/kefir mixture as necessary.
11. Onto a lightly floured surface, lift the dough and gently knead it, about four or five times, into a circular shape.
12. Turn it over and shape the dough to a height of 2 1/2 cm (1 inch).
13. Place 2 Tbsp of flour close by, to dip the cookie cutter before each circle to avoid the dough sticking to the cutter.
14. Place each dough circle on the greased baking sheet.
15. Place into the preheated oven. Check after 20 minutes but, you may need 25 minutes for the scones to become golden brown.
16. Remove from the oven.
17. Serve with jam and whipping cream.

## Cauliflower Fried Rice

submitted by Claire Carmichael

Cauliflower fried rice is a low-carb, colourful and flavourful substitute for rice, potatoes or pasta. Adding meat makes it a complete meal. It takes less than 30 minutes from start to finish. Leftovers can be reheated the next day.

Preparation Time: 10 minutes    Cooking Time: 10 minutes  
Total Time: 20 minutes

Serves 4

50 ml (1/4 cup)	Olive oil or Sesame oil
1	Clove of garlic, minced
25 ml (2 Tbsp)	Red onion, finely chopped
115 g (2/3 cup)	Frozen green peas (** Can substitute frozen mixed vegetables)
1	Red Bell Pepper, seeded and finely chopped
875 ml (3 1/2 cups)	Cauliflower, grated/riced [at least 455 grams] (* ** Can substitute frozen cauliflower rice, no need to thaw it)
40 ml (3 Tbsp)	Low sodium soya sauce. (* ** Can substitute gluten-free Tamari )
2 ml (1/2 tsp)	Ground ginger (or 5 ml [1 tsp] grated ginger root)
3	Eggs, beaten or (substitute egg whites for one of the eggs)

OPTIONAL : 250 ml (1 cup) of cooked & cubed chicken, pork or beef  
or small cooked shrimp

Grate cauliflower, if not already done.

\* \*\* A food processor gives a nice even grated/riced cauliflower.

Also if not yet done:

- Mince garlic, chop red onion, seed & chop bell pepper and grate ginger root, if using.
- In wok or large frying pan over medium heat, heat the oil using enough to cover the bottom of the wok/frying pan.
- Add garlic, red onion and bell pepper and sauté about three minutes, until softened.
- Add frozen peas, cook about half a minute
- Add grated cauliflower, stirring constantly for three to four minutes or so.
- Add soya sauce, ginger and optional pre-cooked meat or shrimp.
- Stir to mix well for about half a minute.
- Make a large well in the centre, pushing the mixture to the edges of the pan, add the beaten eggs to the centre
- Stir the beaten eggs, keeping them in the centre, for one to two minutes to scramble them
- Stir the mixture from the sides into the scrambled eggs.
- Mix thoroughly for another 30 seconds and remove from heat.



*Humpty Dumpty had a great fall*

