

# BURNT RIVER ACTIVITIES GUIDE



Happy New Year



JANUARY 2014

## **Burnt River Library**

On **Saturday, January 11<sup>th</sup> at 10:30 a.m.** while children are picking up their favourite books to read, they can also participate in the children's craft time. Come and enjoy a coffee at the Library on Saturday mornings! Do you enjoy jigsaw puzzles? There is always one on the go at the Library. See how much of the puzzle you can put together!

## **"Musical Firefighter"**

Kawartha Lakes Volunteer Firefighter's Association is presenting the "Musical Firefighter" at the Academy Theater in Lindsay, **Saturday, January 11, 2014**. Tickets are on sale at the Academy Theater – call 705-324-9111. For more information, call John at 705-454-8577.

## **SAGE (Seniors Activity Group Exercise)**

On **Monday, January 13, 2014** at the Burnt River Community Centre at **10:00 a.m.**, there will be a meeting with Community Care to see if there is enough interest to establish a seniors' gentle exercise group. This is open to all ages, e.g. surgery patients. These exercises can be done sitting if you are unable to stand. For more information, contact Ryan Alexander at [ralexander@community-care.on.ca](mailto:ralexander@community-care.on.ca) or call the Community Care Lindsay office.

After the meeting for the exercise group, training will take place for anyone interested in being part of our blood pressure clinic volunteers. This group will handle the clinic at our Diners' Dinners.

This is a great opportunity to become involved and to contribute to the betterment of our community. Please come to see what opportunities are available to us.

## **Robbie Burns Night**

A Robbie Burns Dinner is being held on **Saturday, January 18<sup>th</sup>** at the Burnt River Community Centre with dinner at **6:00 p.m.** and an evening of Scottish entertainment following. A licensed event, with tickets available for \$15 on order @ 705-454-8045 or 705-454-1653.

## Diners' Dinner

Mark your calendar for "Community Care Somerville Diner's Dinner Club" at the Burnt River Community Centre on **Wednesday, January 22<sup>nd</sup>**. Diners' Dinner will begin at **noon**. Enjoy a delicious, hot, sit-down meal. Everyone is welcome.

## Chili Cook-Off Fund Raiser

B.R. Blooms' annual **Chili Cook-off Fund Raiser** will be held at the Burnt River Recreation Centre on **Saturday, January 25<sup>th</sup>** at 5:00 p.m. The dinner will consist of chili, salad, garlic bread and dessert. The cost will be \$10.00 per person. There will be a Toonie Table, 10 tickets for \$2 and also a door prize. This event will be licensed under AGCO.

To enter your Chili Pot, please call Ruth Ann at 705-454-1231 or Erin at 705-454-8627. Come out and enjoy a great evening!

## Meals-on-Wheels

Meals-on-Wheels takes place on Wednesdays. A nutritious and delicious meal at affordable prices is delivered right to the door through Meals-on-Wheels to seniors, people with disabilities, and people recovering from illness or injury. Ask about our special diet options, including diabetic, no salt & low fat. Also frozen meals delivered to your door. For more information please call Community Care at [705-324-7323](tel:705-324-7323) to find out costs and delivery schedule. Additional information is also available on our "Service for Seniors and People with special needs information sheet".

## Bingo

There is no Bingo during **January or February**. It will recommence on the first Tuesday of **March**.

## January Events

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| 11 <sup>th</sup> Children's Story and Craft at Burnt River Library |
| 11 <sup>th</sup> Musical Firefighter                               |
| 13 <sup>th</sup> SAGE Meeting & Blood Pressure Clinic Training     |
| 18 <sup>th</sup> Robbie Burns Night                                |
| 22 <sup>nd</sup> Diners' Dinner                                    |
| 25 <sup>th</sup> Annual Chili Cook-off                             |

## Weekly Activities at Community Centre

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| Sewing and Crafts Tuesdays 10:00 a.m. – 4:00 p.m.               |
| Adult Day Care Program Wednesdays 9 a.m. – 4:00 p.m.            |
| Yoga Saturday 8:45 a.m. (Call first 454-8045)                   |
| Darts or Euchre Thursdays 7:30 p.m.                             |
| Burnt River United Church Services Sunday Mornings at 9:30 a.m. |

The B.R.A.G. staff welcomes your submissions and suggestions. For the next month's issue, email your submissions to Glenn Thompson at [thompson@ Sutton.com](mailto:thompson@ Sutton.com) by **January 24<sup>th</sup>, 2014**. Have your BRAG conveniently sent directly to your own email address by emailing us. Free access to the internet is available at the Burnt River library as well as at the Burnt River Post Office.

# Recipe of the Month

## Tamale Pie

This recipe comes from the Better Homes & Gardens New Cook Book, vintage 1962. In Grade 8, I won the Home Economics award at graduation. At first, I was thrilled, knowing that I had burned the pizza that my Mother left for me to cook for my brothers one evening when my parents went out. Then I realized that my Father had taught Miss Meyers (my Home Economics teacher) at Ryerson. That was my introduction to politics. However, I have some favourites from that old cookbook, which is why it is literally falling apart. Tamale Pie is one of those no-fail recipes that is very popular at home and with friends. It is also a great substitute for Chili Con Carne. 😊

### Ingredients:

1 cup chopped onion  
1 cup chopped green pepper  
3/4 to 1 pound ground beef  
2 8-oz. cans (2 cups) seasoned tomato sauce  
1 12-oz. can (1 1/2 cups) whole-kernel corn, drained  
1 cup chopped ripe black olives  
1 clove garlic, minced  
1 tbsp sugar  
1 tsp salt  
3 tsp chili powder  
Dash pepper  
1 1/2 cups shredded sharp cheddar cheese

### Corn Meal Topper:

3/4 cup yellow corn meal  
1/2 tsp salt  
2 cups cold water  
1 tbsp butter or margarine

### Directions:

1. Cook onion and green pepper in a touch of olive oil until just tender.
2. Add meat; brown lightly.
3. Add next 8 ingredients. Simmer 20 to 25 minutes until thick.
4. Add cheese; stir until melted.
5. Pour into greased 10x6x1 1/2 inch baking dish (or whatever casserole dish you like).
6. Make the *Corn Meal Topper*. Stir corn meal and salt into cold water. Cook and stir until thick. Add butter; mix well. Spoon over hot meat mixture in 3 lengthwise strips.
7. Bake casserole in moderate oven (375° F) about 40 minutes. Makes 6 servings.

Carolyn Thompson

BRAG Food Editor