

Retirees Association of Mohawk College

Newsletter

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Our Wandering Board Members Report

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Alan Gregson on some Impressions of India

(Continued from August Newsletter)

But ours was a WILDLIFE AND TIGER SAFARI which occupied several days between the city visits, riding in small open Jeep-type vehicles or up on the back of elephants through the jungles of Sher Khan, Rudyard Kipling's tiger or being conveyed by pedal rickshaw through acres of bird sanctuary. These days-between provided us with a real respite from the hustle, noise and bustle of old-city street life packed with vendors at their stalls and

rickshaws jockeying for right of way (with ours and others) carried uniformed, bright youngsters to school - their school bus!

It seems to us that in India the majority Hindus have built their magnificent temples since their roots were established back in 1000 BC. Buddhism was born in India about 500BC. We felt the spirit of Buddha through the temple murals and grounds at Sarnath, near Varanasi, where he is known to have preached his first sermon. Today Buddhism has greater followings in Japan, and other countries of the Orient. The greatest of the Mughal (Muslim) emperors dominated the country between the early 1500s to the early 1700s, building great forts and palaces, mosques and mausoleums. Emperor Shah Jahan constructed the massive Red Fort and India's largest mosque in Delhi. It was in 1631 that the favourite of his three wives died giving birth to their 14th child. His grief was so great that from then until 1653 (22yrs) he devoted himself and the state to building her mausoleum - the Taj Mahal - said to be "the most extravagant monument ever built for love" But....once seen, never forgotten!

In the early 18th century more Europeans (Christians) realized the commercial potential of India. The British incorporated India into its empire, laid out and had built a modern New Delhi and were responsible for the building of India's extensive railroad system. It was in 1948 that India regained its independence. Evidence of the country's historic and great achievements can still be seen, admired and appreciated - some still in ruins, some well preserved, some restored - an abundance of foresight, genius, architectural style, engineering skill and culture.

Dorothy made a special side trip by rickshaw and admired the situation she found at the S.O.S. Children's Village where orphaned children live and grow in a home-like environment and are educated and given training for employable skills or go on to higher education - definitely worthy of her ongoing support.

Today the people of India grapple with their role as the world's largest democracy, endeavouring to provide food and to upgrade their living conditions in a diverse geographical and political climate. We didn't see the slum conditions of Madras, Bombay or Calcutta but the young man sitting on the ground in a square off the main street of the "Pink City of Jaipur", soaping himself from head to toe and rinsing with the water from a

bucket yet oblivious of the passing group said something about the struggle to maintain a position of dignity in a land of much beauty and yet many economic and social contrasts. Maybe someday we'll be able to return and again admire the strengths and qualities of INDIA and its people

Carl Easton's 15 miles on the Erie Canal

Actually the title is a teaser, the real milage was more like 400 and when you include getting to the canal and home from the canal, the grand total was more like 650.

I had been looking forward to cruising the Erie canal since I converted from sail to powerboating. Canal cruising offers many attractions, quiet water, easy navigation (keep in the middle of the ditch) and many interesting places to stop. Cruising the Erie Canal is all of that and more

I have wanted to return to the Erie Canal for a leisurely cruise since I helped a friend bring his boat back to Lake Ontario from Annapolis. We rushed through the canal in less than three days. It is five years later and I now own the boat that I helped deliver. It is the perfect boat for the trip and I now have the time to explore at my leisure.

We planned to enter the canal at Oswego New York and travel east for about half of the planned time then turn around passing my starting point and travel west to Tonawanda returning to Lake Ontario via the Welland Canal. I expected the trip to last about a month of which about three weeks would be spent actually cruising in the canal.

The Erie Canal was largely responsible for opening the American west by making travel from the east coast to the great lakes easy, inexpensive and safe. As you cruise the canal you pass through many towns and cities writ large in American history books. The Erie canal was originally constructed as a ditch from Albany to Buffalo with a towpath along the side so that the mules or horses could pull the barges. With the development of self powered barges the canal was reconstructed to take advantage of the natural watercourses. East of Lyons (20 miles east of Rochester) the canal mostly runs through rivers and lakes and has a wild and natural character for much of way to the Hudson River. West of Lyons there are few natural channels so the original canal was widened and deepened but mostly preserved the original route. This section has been developed to become essentially a long narrow park with a walking/biking trail alongside the canal almost all the way from Rochester to Tonawanda.

Along the canal you can see the remains or the ruins of some of the earlier canal structures, bridges, aqueducts and the old locks. It is amazing to examine them and marvel at the quality of the stonework and the level of engineering skill required to create the canal in the days before steam or other mechanical aids.

There was a great deal to see and do mostly within walking distance of the canal. We visited a number of museums and came to the conclusion that we would much rather live in the twentieth century than in the eighteenth or nineteenth centuries. We had the most fun at the carrousel museum in Tonawanda. It is certainly worth a drive over the river if you like that sort of thing. They have a working 1918 carrousel and are involved in restoring carrousel animals and organs.

We had a great trip on the canal and I would do it again in a moment; there is still a great deal more to do and see.

How to Survive a Heart Attack When Alone ¹

¹From *Health Cares*, Rochester General Hospital -- Dr. Glenn E. Boley

(Since many people are alone When they suffer a heart attack, this article seemed in order.)

The following was submitted by Billl Toop via Carl Easton. The same article was also printed in the September/October issue of the Ancaster Senior Achievement Centre's *The Journal*.

Without help the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

Cooks' Corner

Owing to lack of submissions, your editor is forced to look into his collection of favourite recipes and since this is the last newsletter before Christmas, what better than a recipe for stuffed turkey breast . It is particularly appealing to those, like your editor, who are not particularly fond of the big bird and for smaller families and empty nesters. Not only does it reduce the leftovers but what is left over is delicious. Serves 6 to 8.

Julia Child's Stuffed Turkey Breast

<p>One 3 ½ lb. boneless turkey breast with skin intact²</p> <p>Stuffing 2 T butter 1 onion, chopped 1 Macintosh apple, peeled and finely chopped</p>	<p>1 t dried marjoram ½ t dried tarragon 1 ½ c fresh bread crumbs ¼ c orange juice 2 t orange rind (zest from one orange) 1 egg lightly beaten</p>	<p>Glaze 2 t Dijon mustard 2 t maple syrup 1 t apple cider vinegar 2 t melted butter for basting</p> <p>Sauce 2 T flour 3 c chicken or turkey stock³</p>
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Preheat oven to 375 ° F. Place breast flat on a sheet of wax paper. Top with a second sheet. Beat breast with a rolling pin until breast is an even thickness. Release or fold back the two turkey fillets. They will cover the stuffing later. Season with salt and pepper.

Heat a skillet on medium heat and add 1 t butter. Saut é the onions and apples until softened slightly. Add breadcrumbs, orange juice and rind and season. Transfer to a bowl and stir in egg. If stuffing is too dry add a little water.

Place stuffing down centre of turkey breast; place fillets on top. Fold over breast so the edges meet. Skewer or sew edges, together. Tie breast in 3 or 4 places to hold it in an even shape .

² We buy a breast with bone in and then debone with a sharp boning knife. Alternatively you maybe able to have your butcher debone it. Be careful to leave the skin intact.

³ We usually have homemade chicken stock in the freezer but the bones of the turkey breast could be simmered with and onion, celery and carrot in about 4 c water to produce the needed stock.

Mix mustard maple syrup and vinegar together. Place turkey on rack in roasting pan and brush on glaze. Melt and pour remaining butter over turkey.

Bake for 1¼ to 2 hours basting occasionally with glaze and pan juices. When cooked the juices will be clear.

Let turkey rest on carving board for 15 minutes before slicing.

Meanwhile make sauce. Pour fat out of roasting pan, leaving 2 T. Stir in the flour and cook until the flour turns slightly brown. Add stock and any remaining glaze. Bring to a boil and simmer 3 minutes. Season with salt and pepper. Serve over the sliced meat.