

Recent Outings:

Old Mill Theatre: March 14, 2007. *Mystery Show and Buffet* (See page 4)

Future Outings:

Stage West Dinner Theatre: May 16, 2007. *The Full Monty*

Annual Meeting: June 6, 2007. Liuna Station

Country Playhouse, St. Jacobs. *A St. Jacobs Christmas.* December 5, 2007

In the Planning Stage:

Cirque de Niagara, Niagara Falls. July, 2007

Hamilton Harbour Cruise, July 25, 2007

Shaw Festival Theatre, Niagara-on-the-Lake: Friday, September, 2006: *St. Joan*

Muskoka Colour Tour, October 10, 2007

FEATURE RECIPE

Sesame Beef

Ingredients

(This recipe is for a single portion. Multiply quantities by the number of people to serve.)

- 4 - 6 oz (112 - 168 g) sirloin steak
- 1 packet artificial sweetner (Splenda recommended) or 1 teaspoon sweetner
- 1 tsp (5 ml) canola oil
- 1 Tbsp (15 ml) low-sodium soy sauce
- 1 Tbsp (15 ml) chopped green pepper
- 1/8 tsp (.5 ml) freshly ground pepper
- 2 green onions, finely chopped
- 1 garlic clove, crushed
- 1 Tbsp (15 ml) sesame seeds
- Nonfat cooking spray

Directions

1. Cut beef into strips (slightly frozen meat can more easily be cut into strips)
2. Mix sweetner, oil, soy sauce, green pepper, ground pepper, onions and garlic in non-metal bowl.
3. Stir in beef until well coated and allow to marinate for at least 30 minutes.
4. Coat skillet with nonfat spray and stir in sesame seeds. Cook until light brown. Remove from skillet. (You may also use less sesame seeds [about 1 Tbsp for three servings] and you may choose not

to brown seeds.)

5. Add beef and marinade to skillet and cook until browned. Spread sesame seeds over dish and serve.

(You may choose to serve dish over salad greens for additional vegetables.)

[Adapted from *LA Lite Cookbook*, Copyright © 2005 by LA Weight Loss Franchise Company]

Christmas Outing

Make plans now to welcome in the Christmas season with a trip to the St. Jacob's Country Playhouse on Wednesday, December 5, 2007. Start off with a buffet lunch at the Stone Crock Restaurant in downtown St. Jacobs. Spend some time perusing the shops. Then relax and enjoy "The Christmas Show" in the playhouse.

The cost is just \$80 per member/spouse and \$85 for non-members. But hurry! Tickets will go fast. Watch for the flyer or contact Hans Bastel.

Why Not Do Your Christmas Shopping in St. Jacobs?

LET'S DO LUNCH

By Brian Welsh

Mary and I heard somewhere or other that the **Cork Town Pub** at 175 Young Street in Hamilton would be worth a visit. Accordingly, shortly into 2007 we lunched there. It is reminiscent of many of the public houses that we had visited in rural Ireland, much more authentic than many of the franchised "Irish Pubs" that are springing up. In other words it is rather seedy and somewhat down at heel. We liked it. We both ordered a pint of Guinness although Mary would have preferred a half which they do not serve. Mary had the tasty vegetable soup of the day, and a pepper and cheddar chicken sandwich; I chose the Buncrana Birdie -- beef in a puff pastry shell served with French fries. As pub fare goes, it was all very good. The service was prompt, possibly because we were the only customers, and friendly. Lunch with beer, tax and tip was \$38.

Sometime ago, we lunched at the My-Thai Restaurant in downtown Hamilton – our first experience with Thai food. Recently we tried the relatively new **My-Thai** at 42 Wilson St West in Ancaster. It is located at the former location of the LCBO store west of Fiddler's Green Rd. An interesting innovation on the menu was the inclusion of four different lunches for two consisting of either soup or two spring rolls, two entrées and rice.. After ordering *Singha* Thai beer, we chose the lunch named "The Contrast": it consisted of spring rolls, a spicy beef and noodles dish, chicken with vegetables in an orange sauce and Jasmine rice. I had almost forgotten how delicious Thai food can be and this was amongst the best. Lunch with beer, tax and tip was \$43.

In July 2004 we reported on Lindsay's Little Café which we had first encountered at that year's Soupfest and found the food to be mediocre at best. At this year's Soupfest, at Liuna Station, we were very impressed with the soup from the **Two Cougars & a Café**, the suc-

cessor to Lindsay's. It is in a strip mall at 601 Burlington St E. Although the outward appearance and décor has not changed appreciably, there is no comparison in the food, which we found to be delicious. The only drawback was the limited choice in beers. Mary and I started with a Molson Canadian and we both ordered the corned beef and cabbage soup and the beef stew. The soup was a wonderfully flavoured very large bowl of broth with plenty of chunks of carrots, cabbage and corned beef. The beef stew was thick and rich with chunks of beef, potatoes and veggies. It was mouth wateringly excellent. The service was prompt and friendly even though it was very busy. Lunch with beer, tax and tip was \$36.

On a cold February day, while returning around lunchtime from errands in downtown Hamilton, we passed the **Sai Gon Asian Restaurant**, 1024 King St West in Westdale. It is a relatively new restaurant and we decided to double back and try it. Vietnamese restaurants all seem to resemble each other both in décor and menu. Starting with the ubiquitous pot of green tea which seems to almost magically appear on the table, we both ordered large bowls of noodle soup – Mary a beef *satay* and I a rare beef.. The noodle soups were good and much like that we have had in other Vietnamese establishments – good honest bowls of noodles and thinly sliced beef in a pleasantly spiced broth. Price wise they are very hard to beat. Lunch with tax and tip was \$13.

Annual Meeting

Don't forget our annual meeting on Tuesday, June 6, 2007 at Liuna Gardens. There's plenty of free parking. Come for the social hour. Enjoy a delicious meal. Listen to an entertaining and informative speaker. Participate in our brief business meeting. And all at a price you can't beat! Bring your better half too! See the flyer enclosed with this newsletter for more details or contact Joanne Wolfarth.

Retirees Association of Mohawk College Newsletter

Website: www.mcretirees.com

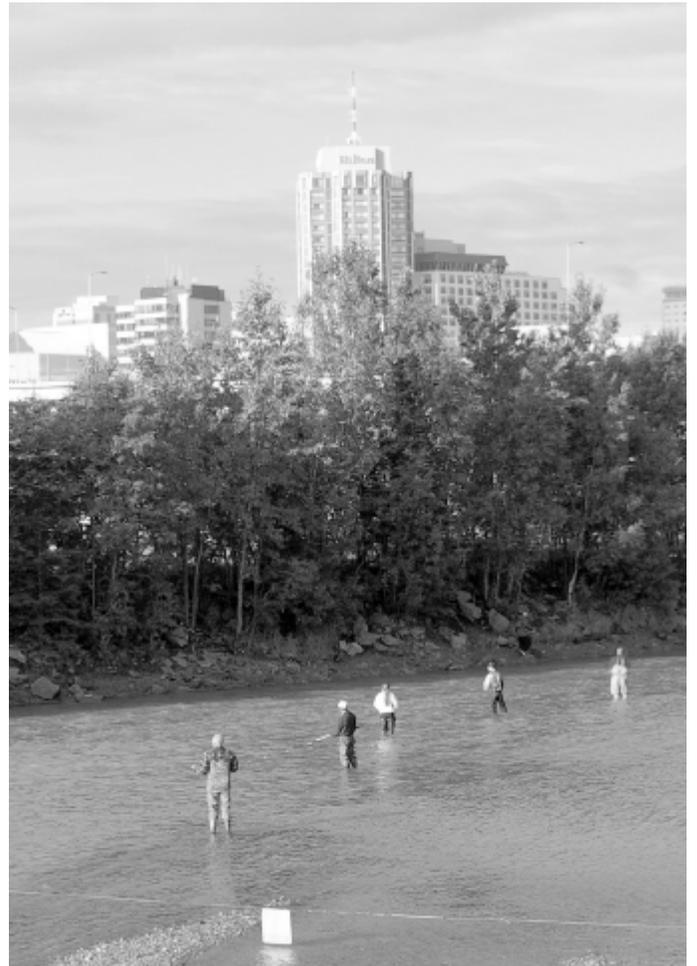
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SCENES OF ANCHORAGE
By Fred Oldfield



REVIEWS

Lunch at the Old Mill (Toronto) and Love Boat Mystery Theatre

Wednesday, March 14, 2007

Our bus driver Bill welcomed 45 of us to a larger and very comfortable bus for our trip to Toronto. Geoff Brooker, as usual, was our "Master of the Bus". He entertained us with a variety of jokes, told with the appropriate accents and generally had us groaning and laughing as we started our trip. (I always wonder if Geoff stays up all night compiling his jokes - he seems to have an endless supply of them) Traffic was light and so we arrived at the Old Mill restaurant, spa and convention centre early and had a chance to wander over this very old, Tudor establishment before sitting down to a hot and cold buffet lunch. There was a wide variety of food to choose from and I don't think anyone walked away hungry. After eating, we went to another room where characters from the mystery theatre socialized with us before starting the "play". Many of us had never been to a Murder Mystery and we were unsure what to expect, but were very enthusiastic about joining in with the "ooing and aahing" required by Detective Perrier. The play was acted out between our tables and the audience was always involved in the ongoing investigation. The cast used the previous socializing to include members of the audience in the murder investigation (eg Alan Gregson was: Alan with one "L" the scuba instructor to the ship owner's wife) At the end, we all had a chance to guess whodunit and when Hercule Perrier explained why Allen, the Hollywood Director had committed the murder, we all said OF COURSE!

We returned to Fennell campus early which was a great way to finish a very enjoyable day away.

Carol Howe

- Salt is mentioned more than 30 times in the Bible - but not pepper.

Brain teasers

(Here are the brain teasers from last issue - along with the answers.)

Mystery Job: Brian works at a place with thousands of products, some of them very expensive. People take his products without paying for them - as many as they can carry - and then just walk out. All that Brian requests of his customers is that they keep their mouths shut.

Where does Brian work?

Answer: Brian works at a library

Side to Side: Uncle John stood on one side of a river; his dog, Porter, stood on the opposite side. "Come here, Porter!" said Uncle John. Although there were no boats and no bridges, Porter crossed the river without getting wet. How?

Answer: The river was frozen

Word Play: What's unusual about the following list of words?

Revive, banana, grammar, voodoo, assess, potato, dresser, uneven

Answer: If you remove the first letter of each word and add it to the end of the word, it will spell the same word backwards.

And here's a couple more:

Time Pieces: Everyone knows that the sundial is the timepiece with the fewest moving parts. But what timepiece has the *most* moving parts?

Special Number: Math usually stumps Thom, but when Uncle John showed him this number, he knew right away what makes it unique. Do you?

8,549,176,320

From *Uncle John's Curiously Compelling Bathroom Reader*. Their 19th Edition. (Answers in our next issue - or buy the book!)

- A two hour movie uses about 2 miles of film.
- New York City has 722 miles of subway track.
- The shortest complete sentence in English: Go.

Eva Tasker 100 Years Young

Do you remember Eva Tasker? She was one of the teachers in the Business Department at Queen Victoria School, Dundurn and then Saltfleet. She retired in 1972 and is probably one of our oldest retirees. When she retired they offered her \$2,000 or \$40 a month pension. She took the pension – good choice! She recently celebrated her 100th birthday with a party at Geraldo's at La Salle Park and she looked absolutely wonderful.

Also in the picture are Eleanor Rand, Muriel Dickinson and Anne Bryson, all retirees. We hope to have Eva come to our Annual General Meeting in June.

Submitted by Anne Bryson



Three lessons to make you think about the way we treat people.

First Important Lesson - Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one:

"What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say 'hello'."

I've never forgotten that lesson. I also learned her name was Dorothy.

Second Important Lesson - Pickup in the Rain

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 60's. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him.

Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read:

"Thank you so much for assisting me on the highway the other night. The rain drenched

not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away. God bless you for helping me and unselfishly serving others."

"Sincerely, Mrs. Nat King Cole."

Third Important Lesson - Always remember those who serve.

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired.

By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies.

You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

Via the Internet

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"Work like you don't need the money, love like you've never been hurt, and dance like you do when nobody's watching."

It cost \$3 million to build the *Titanic* ... And \$100 million to make the movie.

When Yogi Berra's wife asked him where he wanted to be buried, he replied, "Surprise me."

I have nothing to say, and I'll only say it once."

- Floyd Smith, Buffalo Sabres coach

Deadline for next newsletter: July 13, 2007