



# Seniors news

KANATA SENIORS COUNCIL

"Seniors Helping Seniors"

MARCH 2012

VOL 8: NO. 3

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## **ANNOUNCEMENTS**

### **COMING SOON: FAR WEST FUN FEST**

Organizers of this year's Far West Fun Fest running from May 3<sup>rd</sup> to 17<sup>th</sup> are finalising details of an ambitious programme of activities designed to feature something for everyone. Amongst the mix of card games and indoor and outdoor physical activities that people enjoyed last year, are some gala events. Waterside Retirement Residence is hosting a Carnival Day, there's a 'prediction walk' planned, a dance event where you can try out zumba, nia, or line dancing, a casino, a movie morning, darts and fish and chips at the Legion, nine hole golf, mini-putt and, of course, a Bridge tournament.

The opening breakfast and closing luncheon got rave reviews from those who attended last year and the same high quality is guaranteed for this year's events.

A 'steal of a deal' for just twenty bucks (some activities may carry a small surcharge); Far West Fun Fest is a great opener for the sunny season!

It's anticipated that registration packages will be out soon around the end of March, so watch for information as to where they may be picked up in next month's news letter.

### **VEHICLE VANDALISM ON THE RISE**

At this month's Kanata North Ward's Councillor's meeting, Constables Ryan Strotmann and Pat Aldman warned of an outbreak of vehicle vandalism in the Kanata Centrum parking lots. An unusual high number of vehicles had been reported as having been broken into. Hot spots were around the AMC theatre complex and Best Buy.

"We're doing a lot of monitoring," said Strotmann, "but we can't be everywhere. He advised that "owners should try and make sure that tempting articles, like cell phones, laptops or a GPS aren't in view. And remember, if you come out from shopping and find that your car has been broken into, you should call 911 straight away." A break in over a period of an hour is considered a crime in progress and somebody will be down just as quickly as possible. If the weather is dry, and conditions are right the officers attending the scene may be able to pull some finger prints.

He also asked that anybody seen "acting in a suspicious manner should be reported. And don't think that just because they're dressed well they're above suspicion."

### **SPEEDING ON TERRY FOX**

The newly opened stretch of Terry Fox Drive has proved, according to Constable Strotmann, "a speeder's delight."



Over 200 tickets were given out in January for speeding and running stop signs. "We'll be keeping a special eye out for speeders along that stretch," he said, "so just make sure you're not one of them!"

## **TRAVEL**

### **Featured trips for March:**

- Wear green and make green by joining us on St. Pats Day on Sat Mar 17 with a trip to the Rideau Carleton Slots.
- A Trip at NO COST to area Seniors Residence. This trip will give you a chance to see and experience what the various Residences have to offer in terms of accommodation and services. The trip will include: transportation to/from the Mlacak Centre (Library Entrance), tour of Residence and a complimentary lunch. March's featured destination is Lynwood Park Lodge on Fri March 30, 2012.

Also look for the following fun trips in April:

- A Trip at NO COST to an area Seniors Residence. This trip will give you a chance to see and experience what the various Residences have to offer in terms of accommodation and services. The trip will include: transportation to/from the Mlacak Centre (Library Entrance), tour of Residence and a complimentary lunch. Featured destination is Palisades Retirement Residence (date to be confirmed).
- Rideau Carleton Slots Evening Trip on Tues Apr 24<sup>th</sup>.

## **COUNCIL CAFE:**



The Kanata Seniors Council and the Cafe would like to thank **Ulla Riester** one of our volunteers for her generosity in donating a grant she received from the Royal Bank to the Cafe. She has enabled the Cafe to purchase needed equipment which allows us to better service our customers.

The Cafe is still looking for volunteers for a number of shifts as well a Friday Cook. If you are interested please contact Kay Dubie at: **Telephone: 613- 254-7164 or E mail: council@kanataseniors.ca**

The Cafe will be featuring home made soups prepared **King-sway Arms at Walden Village** on Mondays, Tuesdays, Thursdays and Fridays starting March 1st.

The Cafe is offering take out service for our hot entrees (while supplies last). This is a chance to take some of our tasty food home.

Cafe has a new Manager for Cooks and Cooking. Polly Erskine-Henry has taking on this responsibility.

We are still looking for a Manager for Administration for the Cafe. If interested please contact Kay Dubie at: **Telephone: 613- 254-7164 or E mail: council@kanataseniors.ca**



## RECIPE OF THE MONTH

The following is a soup recipe that a number of our customers have requested. It is prepared by Jan

one of our Cooks:

### **Beef and Barley Soup**

#### **Ingredients**

- 2 tablespoons plus 1 teaspoon canola oil
- One 1- 1/4 to 1-1/2 pounds beef shin on the bone, trimmed of excess fat
- Kosher salt and freshly ground black pepper to taste
- 1 carrot, diced
- 1/2 onion, diced
- 1 rib celery, diced
- 1/2 teaspoon dried thyme
- 6 cups water
- 1/3 cup pearl barley, rinsed
- 1 cup chopped canned tomato
- 1 tablespoon unsalted butter
- 3/4 pound medium-sized button mushrooms, brushed, trimmed, and quartered
- 3 tablespoons minced flat-leaf parsley

#### **Directions**

Heat a large soup pot or Dutch oven over medium-high heat with 2 tablespoons of the oil. Season the meat generously with salt and pepper. Sear the meat on all sides until well browned; this will take about 15 minutes. Wipe the pan out with a paper towel. Lower the heat to medium, add the other teaspoon of oil to the pan. Add the carrot, onion, and celery to the pan and sauté until tender, about 10 minutes. Return the meat to the pan with the water. Bring to a boil, adjust the heat to maintain a gentle simmer, cover, and cook for 1 1/2 hours or until the meat is just tender. Add the thyme, barley, and tomato, continue to simmer the soup, covered, for 45 minutes.

Meanwhile, in a medium sauté pan, heat the butter over medium-high heat, add the mushrooms and sauté until golden, about 10 minutes. Season the mushrooms with salt and pepper and add them to the soup, and simmer for 15 minutes more. Remove the meat from the soup; cut the meat from the bone and dice. Skim any fat from the surface of the soup with a ladle or large spoon. Return the meat to the soup with the parsley. Season the soup with salt and pepper. Serve in warm bowls.

**Cook's Note:** If making the soup in advance, adjust the consistency of the soup when re-heating with water, since the barley has a tendency to absorb the broth.



## COMPUTERS

**Free Wi-Fi** is available at the Kanata Seniors Center. With your Wireless laptop surf the Internet, check your email and much more from the comfort of the KSC rooms – Lounge, Coffee Shoppe, Activity Rooms, Computer Room and Lobby. It's easy, free, and convenient and provided by the Kanata Seniors Council. Sign up for password at Front Desk.

Best deal in the City - **Book a series of One-on-One tailored computer lesson from one of our** instructors for Windows 7, WinXp, Vista and now Apple OS if you have your own MAC laptop. **New- We are now offering instruction on your Playbook, Tablets and iPhone/iPad/iPod's.**

Learn how to make best use of your new laptop, learn a specific computer application skill, or just how to use the internet and email. Visit the KSC front desk for more details.

#### **Computer tips for the Month:**

##### **How to keep track of multiple passwords**

We all know how that we should use "strong" passwords (a mix of upper case and lower case letters, numbers and special characters, as long as possible and not a dictionary word) and not reuse the same password on more than one web site. How are we supposed to remember all these cryptic passwords? LastPass and KeePass are free programs that securely manage all your passwords for you. All you have to do is remember one master password. They store all your passwords in encrypted form - LastPass on the web and KeePass locally on your PC. As a bonus they can also log you in automatically to your secure sites, remember the answers you gave to those pesky security questions, automatically generate strong passwords for you & manage password backup and recovery.

They can be downloaded for free from LastPass.com or KeePass.info.

If you have any questions about either of these, why not book a 1 hour session with a tutor so we can show you how to set up and use a password manager.

#### **A THOUGHT**

Family is the basis of a civil society.  
It is the background for adult behaviour.  
It is the crucible in which character is moulded.  
Family ultimately determines the destiny of nations.

Joe Romanow



## **THE SENIORS COUNCIL WOULD LIKE TO THANK THE FOLLOWING CORPORATE SPONSORS FOR THEIR SUPPORT**

BRIDLEWOOD DRUG MART  
 CARLETON PLACE MANOR RETIREMENT RESIDENCE  
 CHARTWELL KANATA RETIREMENT RESIDENCE  
 EMPRESS KANATA RETIREMENT RESIDENCE  
 KINGSWAY ARMS AT WALDEN VILLAGE RETIREMENT RESIDENCE  
 LYNWOOD PARK RETIREMENT RESIDENCE

REDWOODS RETIREMENT RESIDENCE  
 PALISADES RETIREMENT RESIDENCE  
 STONEHAVENHAVEN MANOR AND APARTMENTS RETIREMENT RESIDENCE  
 WATERSIDE RETIREMENT RESIDENCE  
 KELLY FUNERAL HOME  
 RICK & ASSOCIATES