



# Newsletter

**September–December**

**2005**



## Calendar of Upcoming Events

TEGSA looks forward to meeting and socializing with all members at the Commander Park Recreation Centre, 140 Commander Blvd. Activities are held every Thursday from September 8, 2005 until April 27, 2006 from 5.00-10.00p.m. Following are the activities: Bingo, Whist Drive, Bridge, Instructed Line Dancing and other activities of interest..

**September: September 29 at 7.00 p.m.**(prompt) Spiritual Healing &

Remembering the deceased members of families and friends at Holy Mass . Rev.Fr.Stan D'Souza will celebrate the Mass. After Mass there will be games of bingo. Light snacks and refreshments will be served.

**October: October 13 at 7.30p.m.** Ladainha is planned. Your participation will be appreciated. Do come along and honour Our Mother Mary. Boiled gram, light snacks and refreshments will be served. Fun Activities as usual.

**October 20 at 7.15p.m.** a talk by Frank Jannetta, Marketing co-ordinator from Catholic Cemeteries on Catholic burial and benefits of pre-planning and other "Final Issues."

**October 27 at 7.15p. m.**' Looking to the Future.' This presentation will feature guest speaker Eric Tappenden, owner of Chapel Ridge Funeral Home. Eric will outline some facts and figures about funeral costs and preferences, options for pre-arranging and the benefits of the different kinds of pre-planning.

**November: November 10 at 7.30p.m.**Diabetes Education .

Additional activities to be announced

**December: December 8 at 5.30 p.m.** Christmas Delights. Homemade cookies & delectable treats..Nativity Pageant and sing along Christmas carols.

December 17, **Christmas Dance** at St. Clement of Ohrid. 76 Overlea Blvd, North York.

More details will be available at a later date.

## CHICKEN & VEGETABLE SOUP

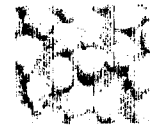


1 chicken carcass or 10 -12 chicken wings  
2 carrots, 2 stalks celery, 2 potatoes ) diced, 1 medium sized onion finely chopped, 2 stems broccoli, 1/2 cup frozen peas or chopped beans, 1/2 cup sliced cabbage or spinach 1/2 tsp. salt, 1 level tbsp chicken soup base, 1/2 cup macaroni, 8 cups of water

### PREPARATION

1. Wash chicken & remove all skin & fat and cut into pieces or joints.
2. In a saucepan, bring the water to the boil, add salt and the chicken.
3. Cook for about 3/4 hour with the lid on and then skim the sides of the pan (with a scotts towel)
4. To the stock add the diced vegetables, cover and simmer for 1/2 hr and then add the macaroni or pasta of your choice and stir well.
5. When almost done, add the peas or beans and sliced vegetables.
6. Cook for 10-15 mins, take off the heat and serve..

## CORN FRITTERS



1 cup all purpose flour, 1/2 cup milk  
2 tsp baking powder 3/4 cup well drained canned corn  
1/2 tsp salt, 1 chopped green chilli (or 1/4 tsp chilli powder)  
1 tbsp melted butter or margarine 1 tbsp chopped dhania.

### PREPARATION

- 1 Sieve together all the dry ingredients.
- 2 Add the drained corn, chilli and chopped dhania and mix well.
- 3 Stir in the melted butter & milk; consistency should be smooth and not lumpy.
- 4 Fry teaspoonfuls of the mixture in very shallow canola oil for 3-5 mins until golden brown. Drain well.  
Serve with tamarine sauce.

Dora Noronha



## **Health Talk:**

### **Stay Young Your Whole Life**

- 1 **Keep learning-** Gain knowledge and beneficial information. Continual learning helps to keep the mind productive and young.
- 2 **Keep loving-** Love causes energy to flow in our life. To achieve or accomplish any thing, it needs the loving spirit.
- 3 **Keep laughing-** Express your thoughts with laughter, it's being joyous in heart and it helps to stay young.
- 4 **Keep working-** Challenges and motivation are the important aspects regardless of age. There is a myriad of jobs to choose.
- 5 **Keep leaning on God-** Start living with confidence and assurance that God will work in our life and renew our strength.

(Excerpt from: How To Stay Young Your Whole Life by Charles F. Stanley)

XX

### **AICHEA DISAK CHINTOP**

#### **(THOUGHT FOR TODAY)**

Jivit voir-sokol asta. Thodde pavtti dis porzollta, thodde pavtti pavs vot'ta. Punn visronaka ki ek pavsacho donddubal korunk disachi toxich pavsachi goroz. (Life has ups and downs. Sometimes the sun shines, sometimes the rain pours. But don't forget that it takes both the sun and the rain to make a rainbow.)

"domnic fernandes" Newsclip from Goacom.



**RETIREMENT, A WIFE'S VIEW**

A frustrated wife told me the other day her definition of retirement: "Twice as much husband on half as much pay."



XX

**TRIPS**

We have had some very successful trips in the past few months and hope to keep the momentum going by organizing a few more. Details will be conveyed to you when available. The feedback received were very positive and our thanks go to Vivien Dias (trips co-ordinator) for a job well done.



XX

The next newsletter: Deadline for submission of articles and informative materials: **January 4, 2006.**

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