

# *Fifty-Five Plus News*

March 1, 2021

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[www.townofws.ca/55plus](http://www.townofws.ca/55plus)

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## **BREAKING NEWS**

### **CONTACTS:**

#### **Recreation Programmer**

Jen McEachen  
905-640-9992  
Ext. 2

#### **Reception Desk**

905-640-9992  
Ext. 1

#### **Winter Hours:**

Closed  
until  
further  
notice.

Would you believe it's been a year since we've been together at the Club? Who would have thought? The Club closed on March 13, 2020 and here we are! If this keeps up, we're all going to need "Hello My Name Is ..." badges, just to remember people's names!

The first big function that was cancelled was our highly-anticipated St. Patrick's Day lunch. Since we can't have our St. Patrick's Day lunch this year either, Mary Davidson has agreed to share her recipe for her delicious Irish Stew. She reminds us that the Kitchen Krew is ready and waiting for the next lunch, whenever that may be.

Good news! The Town has advised that all current memberships will be extended through to October 17, 2021. We will continue to maintain communications with members.

Barb Armstrong advises that complimentary memberships are being made available to those who are 55+. These memberships will also expire on October 21, 2021 but they can be renewed. If you have friends who would like to be kept "in the loop", ask them to email Barb: [barb.armstrong@townofws.ca](mailto:barb.armstrong@townofws.ca). They will receive all communications, including the monthly newsletter.

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## **FROM THE 55+ STAFF WORKING GROUP**

No meeting of the 55+ Club Staff Working Group has been scheduled for March.



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## CALLING ALL PHOTOGRAPHERS

March can be a pretty dreary month but April should give us a taste of better things to come. Do you have any spring photos from last year? Perhaps you could share them with others in our "Promise of Spring" in the upcoming April newsletter. We're all pretty desperate to be done with winter! We need some colour in our lives!



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## THE FOUR-LEAF CLOVER

The four-leaf clover became a symbol of luck in Ireland with the four leaves representing faith, hope, love and success. They were Celtic charms, presumed to offer magical protection and ward off bad luck. Children in the Middle Ages believed if they carried a four-leaf clover, they would be able to see fairies, and the first literary reference to suggest their good fortune was made in 1620 by Sir John Melton. The word "shamrock" only applies to a clover with three leaves.

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## SMILES



**O'Toole applied for a job** at a famous Irish firm based in Dublin. A Norwegian applied for the same job and since both applicants had similar qualifications, they were asked to take a test and led to a quiet room with no interruptions by the Manager. When the results were in, both men had scored 19 out of 20.

The manager went to O'Toole and said, "Thank you for coming to the interview, but we've decided to give the Norwegian the job." "And why would you be doing that?" asked O'Toole. "We both got 19 questions correct. This being Ireland and me being Irish, surely I should get the job!"

The manager responded, "We have made our decision not on the correct answers, but on the question you got wrong." "And just how would one incorrect answer be better than another?"

"That's simple. On question number 7 the Norwegian wrote down, "I don't know." You put down, "Neither do I."



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## BIRTHDAY PEOPLE

Josie Schwarzli, Kevin McWhinnie, Margaret Emmerson, Marilyn Ferguson, Sandra Brown, Judy Ahamad, Ron Gould, Al Huff, Cathi Mount, Wanda Richards, Beverley Whittaker, Norma Cairns-Dalton, Mary Copp, Margery Costello, Marie Cote, Anna Daly, Cheryl Davis, Donna Gutteridge, Trevor Houghting, Kim Laird, Judith Marnoch, Jeannette McGuire, Keith McMinn, Joan Natoli, Kathleen Peel, Pamela Polley, Karen Rae, Parameswary Sithinnaygam, Angelo Tiozzo, Beth (Elizabeth) Tomasi, Sinnethanagam Vairavapillai, Alison Von Criegen, Jack Walker. Celebrate!

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## IRISH HUMOUR

**An Irishman** who had a little too much to drink is driving home from the city one night, and of course, his car is weaving violently all over the road. A cop pulls him over. "So," says the cop to the driver, "Where have you been?" "Why, I've been to the pub of course," slurs the drunk. "Well," says the cop, "it looks like you've had quite a few to drink this evening. "I did all right," the drunk says with a smile. "Did you know," says the cop, standing straight and folding his arms across his chest, "that a few intersections back, your wife fell out of your car?" "Oh, thank heavens," sighs the drunk. "For a minute there, I thought I'd gone deaf!"



**Mary Clancy** goes up to Father O'Grady after his Sunday morning service, and she's in tears. He says, "So what's bothering you, Mary my dear?" She says, "Oh, Father, I've got terrible news. My husband passed away last night." The priest says, "Oh, Mary, that's terrible. Tell me, Mary, did he have any last requests?" She says, "That he did, Father." The priest says, "What did he ask, Mary?" She says, "He said, Please Mary, put down that gun ..."

## MARY'S IRISH STEW

2 lbs. beef stew cubes            2 T olive oil  
Salt & pepper                        3 cloves garlic chopped (put through press)  
2 onions chopped                    butter  
4 T tomato paste                    3 T plain flour  
1 can Guinness (optional, use an extra cup of beef broth instead)  
3 C beef broth                        2 large carrots, sliced ½ " thick  
2 bay leaves                         2 tsp dried thyme  
1 ½ lbs potatoes (I use the little potatoes with their peel on)

Pat meat dry and coat with the oil. Sprinkle with salt & pepper (you know how much you like to use). I like to use Montreal Steak Seasoning to season the meat.

Add a couple of tablespoons of butter to a stew-sized pot. Brown the meat then set meat aside. Add more butter to the pot if needed and then brown the onions and garlic in the pot.

Add the meat to the onion and garlic mixture.

Blend the flour with ½ C of the beef broth and set aside.

Add the remaining ingredients EXCEPT for the potatoes to the pot and bring to a boil. After the mix reaches a boil, add the flour and broth blend to the pot and stir. Cover and simmer for 2 hours.

Add the potatoes 1 ½ hours into the simmer. Stir and bring the stew to a boil, cover and continue the simmer.

At the end of the 2-hr simmer, remove the lid and stir, then continue to simmer uncovered for 30-45 minutes. This allows some of the liquid to reduce and allows the stew to thicken. If you think the stew is not thickening enough, add more flour or some Bisto instant beef gravy. Follow the directions on the Bisto container.

This is an Irish stew recipe. If you like other veg in your stew, you can add them.

Instead of adding potatoes to the pot, you can make mashed potatoes and put the cooked stew over the mashed potatoes.

Enjoy!



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## IRISH SODA BREAD

4C sifted all-purpose flour    1  $\frac{3}{4}$  C buttermilk  
1 tbs. sugar                      1 C raisins  
2 tsp salt                         2 tbs. caraway seeds  
1  $\frac{1}{2}$  tsp baking soda         1 tbs. melted butter or margarine  
1 tsp baking powder

Heat oven to 350F. Sift flour, sugar, salt, baking soda and baking powder together into large mixing bowl. Add buttermilk; stir until all dry ingredients are moistened. Stir in raisins and caraway seeds. Turn dough out onto floured board; knead 10 times. Form dough into round ball; place on greased cookie sheet. With sharp knife, cut shallow cross on top of dough. Bake 50 to 60 minutes or until bread is golden brown. Remove from oven; place on wire rack. Brush top of loaf with melted butter or margarine. Cool.



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## REMEMBERING FUN TIMES

