

Recipe of the Month

Brunch for Dad

By Heather Seftel-Kirk

Father's Day should be all about spending time with Dad. That isn't to say though that Dad won't enjoy spending time in the kitchen watching his favourite people prepare a meal just for him.

These recipes are fun, easy and tasty and will allow the kids to make a special feast just for Dad. Choose one recipe or a few. Either way, Dad will love that the kids did this on their own.

Parfaits

Gather together granola, vanilla yogurt and Dad's favourite fruit. Serve in a tall glass, ideally clear, so Dad can see the magic. Cut the fruit into bit-sized pieces. Layer granola, yogurt and fruit to fill the glass or at least create two layers of each.

Omelette in a Bag

Beat two large eggs and place them in a resealable sandwich bag. Add in one tsp each of Dad's favourite omelette fixings. Think mushroom, onion, pepper, cheese, bacon, ham, spinach... Shake to blend. Squeeze to remove air and seal. Repeat for everyone in the family. Place the sealed bags in a pot of boiling water and leave for about 15 minutes to cook. Use tongues to remove from the water, open bag and roll your perfect omelette onto a plate.

Easy 'cinnamon buns'

Taking sliced white bread, remove the crusts and roll or press down until flat. Butter the bread and sprinkle with cinnamon and brown sugar. Roll the bread to make logs. Slice into one-inch rolls. Ice with store bought or homemade icing.

Orange Fizz

Mix 1 cup of orange juice, 1/3 cup of tonic water, 1 tsp of lemon juice. Add ice and you have a fancy drink everyone can enjoy.



Canadians Continue to Receive Guide Dogs During the Pandemic

By Steven Doucette



With Spring and more people out and about you may also notice more service dogs and guide dogs in training out and about. We caught up with Manotick-based Canadian Guide Dogs for the Blind to find out how they have been faring during the pandemic.

Canadian Guide Dogs for the Blind marked its 37th anniversary on January 12, 2021. The organization has successfully trained and supported over 900 guide dog teams over the years, from the National Training Centre located right here in Manotick.

A proudly Canadian organization, providing Canadian bred and trained guide dogs, Canadian Guide Dogs has changed the lives of Canadians by improving their safety, freedom, and independence. Using a well-established breeding program ensures a quantity and quality of dogs suitable to the job and enables the continuance of producing and training guide dogs during the pandemic.

All of the organization's funding comes from Canada, relying heavily on donations, as there is no government funding for the program, and is then spent here in Canada, fulfilling the mission of supporting Canadians.

Despite the numerous unforeseen challenges, Canadian Guide Dogs for the Blind continued to successfully place guide dogs in 2020. This past year, the group matched and partnered guide dog teams across the country, from British Columbia all the way to New Brunswick. Understanding the need for the services, Canadian Guide Dogs for the Blind only restricted placement of new teams for the first two months of the pandemic while they worked to put in place new procedures to keep everyone safe. These procedures continue to be updated as new information becomes available, adhering to or exceeding public health guidelines and laws.

Thanks to thirty-seven years of proven success, Canadian Guide Dogs for the Blind has been able to continue with its mandate and ensure that Canadians who require guide dogs can still get them.

Michael Hodgins from nearby Shawville, and his guide dog Tosca, are one of the teams who graduated in 2020. Hodgins says, "I'm in a white world, not a dark world. Everything's white to me, I have no focus. I can see some shades of colours, but it's like someone threw a white blanket over my face. When I put the harness on my guide dog, it's like a flicking a light switch. If I didn't have a guide dog, I'd be straining, going around with a cane, trying to feel my way, or walking on someone's elbow. This way I can go out by myself and I don't have to hang on to someone. We're partners, and Canadian Guide Dogs for the Blind has given me independence."

There are other qualified Canadians like Hodgins who are currently awaiting their guide dog.

Visit guidedogs.ca for more information.