



CHOCOLATE

Story by Susan Gaudion Photo by Carole Elliott



Sue Hosang

On February 10, our speaker was Sue Hosang, who operates the Chocolate Castle in Millbrook. She gave us a presentation all about chocolate. She saw her aunt making chocolate 30 years ago and became interested in the process. Sue picked up ideas for chocolate in various places over the years and opened her shop last year to sell fine chocolate truffles in many flavours as well as a variety of cookies, barks, bars, etc.

Chocolate comes from the Theobroma cacao tree. These trees are found within 20 degrees of the equator. Central America, Trinidad and West Africa all have various kinds of cacao trees. The cacao pods are harvested by hand and split to remove the beans which are then fermented in pits or bins covered with banana leaves. After fermenting for a week or so the beans are dried and then shipped to a factory for processing. At the factory the beans are weighed and sorted before roasting. Once roasted the outer shells of the beans are cracked and the shells are blown away, leaving cocoa nibs. The shells are sold as garden mulch. The nibs are still very bitter. The cacao nibs are now ground into a thick paste called chocolate liquor.

The liquor is processed to remove the fat or cocoa butter which is used in cosmetics and medicines as well as chocolate. The remaining cocoa liquor can be ground to produce cocoa which is used in hot chocolate and cooking. Or it can have sugar, cocoa butter, vanilla and milk added to make chocolate. This mixture is churned or "conched" to mix the ingredients together for up to 6 days to produce silky chocolate and then tempered to make sure it's emulsified and has a nice glossy look.



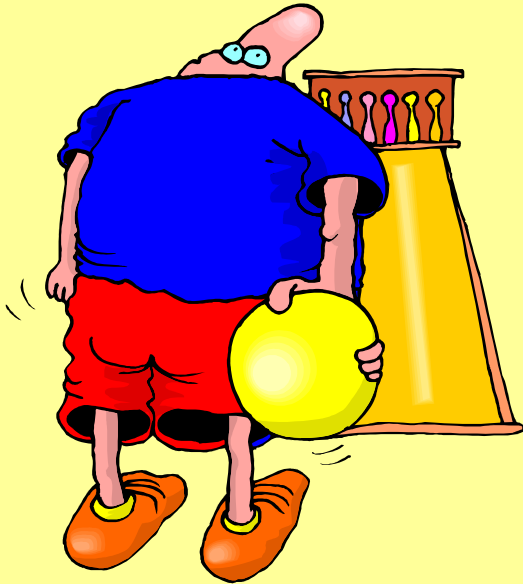
In 1657 the first Chocolate House was opened in England to serve cocoa. The Van Hooten and Nestle families joined to produce chocolate. Next Joseph Fry, Cadbury and Lindt got into the chocolate business.

Sue provided us with three types of chocolate to taste: Belgian, Swiss and French. We cleansed our palates with water with lemon slices between tastings. Each one had a special flavour and we all had our favourite.

My second favourite thing was to be told that chocolate has 5 times the anti-oxidants found in blueberries. The higher cocoa concentration found in dark chocolate is good for the heart and the brain. So we should enjoy high quality dark chocolate in moderation without remorse – yea!

Amedei chocolate from Tuscany is considered among the world's best chocolate but it weighs in at approximately \$100 a pound so is a rather special treat. That won't be in my stocking!

We struck out!!



The day started out like any other day...
But from then on, it was downhill all the way!
While last year it ended in a blaze of glory,
This year was quite another story...

We tried and tried not to get the Seat
But try as we may, in the end we were beat.
But next year... next year will be quite another story.
We'll give up the Toilet Seat and win again in a blaze of glory!



On February 7th at the Annual Bowling Tournament, President Garry Curtis received the 'Loo-sers' award for our Club. In spite of this 'setback', a good time was had by all.

Thanks to Ken O'Neill for his good work in organizing our 5 teams.



Lorna Turner can't bear to watch!!



Hate to think what Wilson is saying!



Pat & Sam Rawson and Bruce & Lynda Britton at bowling luncheon

Water water everywhere...nor any drop to drink

From The Rime of the Ancient Mariner by S. T. Coleridge

Story Susan Gaudion Photos Eric Blaikie



On February 24th, **Erin Walsh** from the Port Hope Archives gave a presentation on the history of the floods that have taken place over the years in Port Hope. Erin is a master of all trades in the archives – she catalogues, organizes donated items, pots petunias – you name it she takes care of it.

The Ganaraska Region Archives was founded in 1994 to collect and preserve archival materials which illustrate the growth and development of the Municipality of Port Hope or which pertain in whole or in part to activities within the geographic boundaries of the Municipality of Port Hope. Renamed the Port Hope Archives in 2005 it gives researchers access to important historical personal and business papers, photos, blueprints, architectural drawings, etc.

The spring thaw and/or heavy spring rain were generally the cause of flooding that washed trees and cars away and heavily damaged Walton Street, Port Hope Town Hall and other downtown buildings in many floods since 1813. In February 1909 a flood caused by excessive ice blockage at Corbett's Dam left huge chunks of ice on Walton Street. In 1929 there were 4 floods that caused \$250,000 damage. In March of 1936 there was severe ice build-up over several days. The Town Hall was flooded with \$100,000 damage. Families were marooned and people were literally swept off their feet. The beach was covered with ice chunks. In the 1930's floods caused over \$200,000 in damage.

In 1980 there was a major flood that caused \$10M in damage. There was 3 feet of water on Walton Street. The flooding of the Ganaraska River continued all the way down from Garden Hill to the lake. A 150 year old fire hall had to be torn down. Mayor Bill Wyatt asked the Province to declare Port Hope a disaster area. There were many newspaper ads asking citizens to donate funds to help with repair and reconstruction. This flood resulted in the formation of the "Float Your Fanny Down the Ganny" crazy craft race that is held in the spring every year to commemorate the flood.

Erin illustrated her presentation with many slides that have been donated to the Archives by local citizens. The pictures really brought to life the devastation caused by the floods. It's amazing that the downtown survived as well as it did.



Photo Port Hope Archives



Port Hope Archives

THE LUNCH BUNCH

Thursday, Feb. 24 at the Rail Side restaurant, the Lunch Bunch met once again. 34 members enjoyed good food and good company. The desserts were especially decadent!



L to r: Doreen Sproule, Meredith Boughen facing Helen Dayman, Shirley Harrison



L to r: Julie Joyce, Helen Hunt, John & Betsy Wright facing Reg Colborne, George Grimes & Doug Pettigrew



L to r: Willy & Rosalie Jakobi, Joan & Mike O'Grady facing Frank & Marion Griffin, Lois Meadows and Jan & Eric Blaikie

Pub Nite



Frank Griffin, Lois Meadows, Marion Griffin & George Grimes



New member Eunice Hogg, Betty & Garry Curtis & good fries!



Ruth & Don Newington with Joyce & John Ferguson
(Also present: Jan & Eric Blaikie and Rosalie & Willy Jakobi)

Why not join us for the next Pub Nite? Every last Tuesday of the month we meet at The Beamish pub for drinks & dinner at 6pm. We make our own entertainment...usually loud and ringing with laughter! Plus we never know who will turn up. That's part of the fun. Ed.

50-50 WINNERS

Feb 10: Rosalie Jakobi won \$35.50.
 Feb 24: Helen Hunt won \$33.00.

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March/April Crew

CATERERS

- Captain:** Luci Hornell
- Mar 24 Anita Cotter
 Henrietta Mills
 Jan Blaikie
- Captain:** Joan Bebee
- April 14 Roger Ingram
 Lacey Ingram
 Henrietta Mills
- Captain:** Charlie Dobbie
- April 28 Gwen Logan
 Bruce Britton
 Lynda Britton

GREETERS

- March 24 Joan Little
 Michèle Duval Lane
- April 14 Dorothy Spicer
 George Grimes
- April 28 Joan Bebee
 Jan Blaikie

If unavailable to attend please find a substitute.

Welcome to our New Member

Eunice Hogg



Two weeks after I arrived in London, UK, from Australia many years ago, I met a friendly Nova Scotian at a party. We married in London, ON one year later and over the years, had three beautiful children. They all have great spouses and have provided us with 6 adorable grandchildren.

After being an at-home Mom for many years, I decided to return to the work force as an Executive Assistant for a Whitby video and film production company. I was with them for 16 years.

We lived in Whitby for 23 years, and then 6 years ago, we moved to the pretty town of Port Hope. Last April my husband passed away, and my life is made a little easier by having the support of my wonderful family and friends.

My interests are traveling, theatre, gardening, reading and visiting family.

Birth Announcement



Maggie and Reg Colborne proudly showing off their new twin granddaughters, Amanda on the left, and Brooklyn on the right. The girls weigh about 6lbs now and are calm, sweet little girls according to Reg.

Congratulations to Natalie and Todd on the birth of their first children! All are doing well.

Remember the contest for best caption to go with the picture of **John King and the Red Cat?**



The winning Caption is :

"I can see clear through to the other side!"

Thanks to winner Dave Broughton who won \$20.00!

UPCOMING EVENTS . . .

ST. PATRICK'S DAY LUNCH

On Thursday, March 17 at the Beamish Pub. Wearin' o' the green, Irish coffee, Irish stew!! Order from the menu. Limited to 40. 12:00-ish.
Betty Curtis 905-885-5304

SPRING FLING

Wednesday May 18 at the Evinrude Centre in Peterborough (across from the Canoe Museum). Doors open at 8:00am and the program will run from 9:00 to 4:00pm. Muffins and coffee available at registration.
Susan Gaudion 905-797-9696

APRIL 28 MEETING:

Members of the Port Hope Probus Club have confirmed that they will be joining us for our meeting. Our speaker is John de Visser, one of Canada's foremost professional photographers.

TWO UPCOMING BUS TRIPS in conjunction with PH Probus Club.

1. **Wednesday April 27:** Visit the Art Gallery of Ontario. Viewing of, among others, David Blackwood's prints of Newfoundland with the artist. \$57.00 Includes dinner.
2. **Monday June 27:** Afternoon concert by The Mormon Tabernacle Choir at Roy Thompson Hall followed by dinner. \$135.00.

PUB NITE

Tuesday March 29 at the Beamish. Join us to welcome back Eileen Mountain and to thank George for having been our genial host for the past 2 Pub Nites! No need to register—just come on down!!

UPCOMING SPEAKERS

March 10: Donna Bennett & Brian Finley are the principals behind the Westben Concerts at the Barn. They will be presenting the fascinating story of how they came to develop this unique venue for music. Website: www.westben.com

March 24: Sabena Brazeau is one of the owners of Grow Tasty, a wonderful nursery north of Port Hope which is dedicated solely to the culture of organic edible plants. She will be sharing their story about how her 15-year old son Logan started the company, and hopefully share some ideas for plants to enhance not only your garden and also your dinner table. Website: www.growtasty.com

April 14: Pastor Kevin Fast will undoubtedly talk to us about his 'strongman' pastime.

ONGOING EVENTS & CONTACTS

PUB NITE

Join us for dinner, conversation & drinks.
Last Tuesday of the month
6:00 PM at the Beamish House
Coordinator: Eileen Mountain 705-632-0575

APPIES & DRINKS

Bring an appetizer and your own drinks
Coordinator: Marilyn Dunne 905-786-2549

EUCHRE

Every other Tues. at Ruth Clarke Ctr.
Coordinator: Lois Meadows 905-885-6715

LUNCH BUNCH

After the last meeting of the month at 12:30pm at various restaurants.
Coordinator: Maggie Colborne 905-885-1722

BOWLING

1st Monday of the month at 1pm at Northumberland Mall Bowling Alley
Coordinator: Ken O'Neill 905-885-4872

CHESS CLUB

Meet at Port Hope Library every Thursday at 6:45pm. All levels welcome. Beginners too!
Coordinator: David Broughton 905-885-1870

CONTACT INFORMATION Ganaraska Valley Probus Club Executive 2010 – 2011

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Past President

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Assistant Treasurer

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