

# THE SWEATERGANG STANDARD

Monthly Newsletter for Seniors

**ST. PATRICK'S DAY – MARCH 17**

HAPPY  
**St. Patrick's**  
DAY!

## SWEATERGANG BOOK CLUB

**The Nightingale – by Kristin Hannah**

In the quiet village of Carriveau, Vianne Mauriac says goodbye to her husband, Antoine, as he heads for the Front. She doesn't believe that the Nazis will invade France...but invade they do, in droves of marching soldiers, in caravans of trucks and tanks, in planes that fill the skies and drop bombs upon the innocent. When France is overrun, Vianne is forced to take an enemy into her house, and suddenly her every move is watched; her life and her child's life is at constant risk. Without food or money or hope, as danger escalates around her, she must make one terrible choice after another.

Vianne's sister, Isabelle, is a rebellious eighteen-year-old girl, searching for purpose with all the reckless passion of youth. While thousands of Parisians march into the unknown terrors of war, she meets the compelling and mysterious G etan, a partisan who believes the French can fight the Nazis from within France, and she falls in love as only the young can...completely. When he betrays her, Isabelle races headlong into danger and joins the Resistance, never looking back or giving a thought to the real and deadly consequences.

[www.goodreads.com](http://www.goodreads.com)



## This Month in History Did You Know?

- In 1982, Canada's Steve Podborski becomes the first non-European to win the World Cup season title in downhill skiing.
- In 1949, Newfoundland becomes Canada's 10th province. A majority of Newfoundlanders had voted, in a second referendum, in favour of joining Confederation.
- It's a big day for Torontonians in 1954, as the city opens the first subway system in Canada. The network initially consists of four lines, including the 7.4-kilometre Yonge Street line.
- In 1950, Country music singer Hank Snow, records his song "I'm Movin' On." It will top the American charts for 29 consecutive weeks.
- In 1921, the schooner Bluenose is christened in Lunenburg, Nova Scotia. Designed for international racing events, the famous vessel shown on the 10-cent piece will not lose a race in 17 years.

*Sweatergang Companions can be reached at 1-800-927-0985 or by email at [sweatergangcompanions@gmail.com](mailto:sweatergangcompanions@gmail.com)*

## March Sudoku Puzzle

	9			3	6			
			1		2			
3		2		6		9	8	
					1	2	5	
		4			8			
5	2	9						
2	4		7		5		3	
		3		2				
		8	3				1	

### Sudoku Instructions

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square

## Reese's Peanut Butter Cup Pretzel Cookies

### Ingredients:

- 1 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1/4 tsp baking soda
- 1 stick unsalted butter, at room temperature
- 3/4 cup packed light brown sugar
- 1/2 cup sugar
- 1/4 cup powdered sugar
- 2 large egg yolks
- 1 large egg
- 1 tsp vanilla extract
- 8 oz Reese's peanut butter cups, coarsely chopped (about 11 full sized ones)
- 1/3 cup coarsely chopped pretzels

### Directions:

1. Place racks in upper and lower thirds of oven. Preheat oven to 375F. In a large bowl, whisk together flour, baking powder, kosher salt, and baking soda. Set aside.
2. Beat butter with brown sugar, sugar, and powdered sugar for 3-4 minutes, until light and fluffy. Add egg yolks, egg, and vanilla and beat for an additional 4-5 minutes, scraping down the sides as needed.
3. With mixer on low, add dry ingredients, beating just until combined. Use a spatula to fold in pretzels and chopped Reese's peanut butter cups.
4. Spoon rounded tablespoonfuls of cookie dough onto 2 baking sheets lined with parchment paper. Leave 1 inch between cookies. Sprinkle cookies with sea salt.
5. Bake cookies for 10-12 minutes, rotating pans halfway through, just until golden brown on the edges. Allow cookies to cool slightly on baking sheets before transferring to wire racks to cool completely.

[www.thesweetlife.com](http://www.thesweetlife.com)

*March 8<sup>th</sup> - 3:00 a.m.*

**DAYLIGHT**  
SAVING TIME

*Don't forget to spring forward!*



## History of Daylight Saving Time

DST is a seasonal time change measure where clocks are set ahead of standard time during part of the year, usually by one hour. As DST starts, the Sun rises and sets later, on the clock, than the day before. Today, about 40% of countries worldwide use it to make better use of daylight and to conserve energy.

While Germany and Austria were the first *countries* to use DST in 1916, it is a little-known fact that a few hundred Canadians beat the German Empire by eight years. On July 1, 1908, the residents of Port Arthur, Ontario, today's Thunder Bay, turned their clocks forward by one hour to start the world's first DST period. Other locations in Canada soon followed suit. On April 23, 1914, Regina in Saskatchewan implemented DST. The cities of Winnipeg and Brandon in Manitoba did so on April 24, 1916. According to the April 3, 1916, edition of the Manitoba Free Press, Daylight Saving Time in Regina "proved so popular that bylaw now brings it into effect automatically."

Many sources also credit Benjamin Franklin with being the first to suggest seasonal time change. However, the idea voiced by the American inventor and politician in 1784 can hardly be described as fundamental for the development of modern DST. After all, it did not even involve turning the clocks. In a letter to the editor of the Journal of Paris, which was entitled "An Economical Project for Diminishing the Cost of Light", Franklin simply suggested that Parisians could economize candle usage by getting people out of bed earlier in the morning. What's more: Franklin meant it as a joke.

Daylight Saving Time is now used in over 70 countries worldwide and affects over one billion people every year. The beginning and end dates vary from one country to another.

[www.timeanddate.com](http://www.timeanddate.com)

## Sweatergang Companions

"Providing Lifestyle Assistance to Seniors"

Our services include:

- Companionship/respice
- Personal Support Services
- Overnight Companionship
- Light housekeeping
- Meal preparation/coordination
- Activities to stimulate mental awareness
- Transportation to appointments
- Grocery Shopping
- Medication reminders
- Planned outings

Our team is bonded and has completed the Ontario Provincial Police Vulnerable Sector Check

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[www.sweatergangcompanions.ca](http://www.sweatergangcompanions.ca)

## UPCOMING COMMUNITY EVENTS – March 2020

3<sup>rd</sup> – Forest Therapy Walk – Cataraqui Creek Conservation Area – 1641 Perth Rd., Glenburnie 5:00 – 7:00 pm. \$20/person. Register online at [www.crca.ca/online-services](http://www.crca.ca/online-services)

4<sup>th</sup> – Hearing Clinic – The Seniors Centre – 56 Francis St., Kingston. 9:00 am – 3:00 pm. Appointments requested, but drop in always welcome. FREE!. For more information please call 613-548-7810.

10<sup>th</sup> – Chasers!: Gaelic Storm – Isabel Bader Centre – 390 King St., W., Kingston. 7:30 – 12:00 pm. For more information please call 613-533-2424 or visit [www.theisabel.ca](http://www.theisabel.ca)

14<sup>th</sup> – Afternoon of Cards – The Seniors Centre - 56 Francis St., Kingston. 12:30 – 4:00 pm. Advance Tickets only, \$4/person. Make your own table of 4 in advance. For more information please call 613-548-7810.

14-15<sup>th</sup> – Afternoon Tea – Aqua Terra/Delta Hotel – 1 Johnson St., Kingston. For reservations please call 613-549-6243, 24hrs. in advance.

20<sup>th</sup> – Rocklands Entertainment Presents Yesterday Once More – The Grand Theatre – 218 Princess St., Kingston. 7:00 – 10:00 pm. For more information please call 613-530-2050 or visit [www.kingstongrand.ca](http://www.kingstongrand.ca)