



- ★ Are you looking for a fun and rewarding volunteer opportunity? Are you a senior looking for a great way to spend a day? Are you a student needing to fulfill your volunteer hours? Please join us at Miriam's Well! We are located at the Agudath Israel Synagogue on the last Monday of every month.
- ★ Thank you very much to those who attended our September social Rosh HaShanah event. It was great to see people here and hear how they are planning to make this New Year special.
- ★ Please mark your calendars for **Wednesday October 8, 2008**; 1-2 pm as we discuss the holiday of Yom Kippur together. Please come and enjoy the company of the Tikvah Unit and share your holiday experiences and traditions.

DATES TO REMEMBER:

Kosher Food Bank

Oct. 5 or 26
Nov. 9 or 23
Dec. 4 or 11

Miriam's Well, 2:00pm – 6:00pm

Oct. 27
Nov. 24
Dec. 29

High Holiday Schedule

Erev Rosh Hashanah	Sept.29
Rosh Hashanah	Sept. 30-Oct.1
Erev Yom Kippur	Oct. 8
Yom Kippur	Oct. 9
Succot	Oct. 14-15
Shemini Atzeret	Oct. 21
Simchat Torah	Oct. 22

Apple Pear Crisp

- 1 sprays cooking spray
- 1 pound apple(s), Granny Smith, cored, cut into 1-inch-thick slices
- 1 pound pear(s), Bosc and/or Bartlett, cored, cut into 1-inch-thick slices
- 2 tsp fresh lemon juice
- 10 Tbsp dark brown sugar, unpacked, divided
- 1 large egg
- 1/4 tsp table salt
- 1 tsp ground cinnamon
- 1 cup rolled oats
- 6 Tbsp light butter, melted

Preheat oven to 375°F. Coat a 9- X 9-inch glass baking dish with cooking spray. Place apple and pear slices in a medium bowl. Toss with lemon juice and 1/4 cup of sugar; set aside.

In another medium bowl, beat egg. Add remaining 6 tablespoons of sugar, salt and cinnamon; mix to combine. Add oats; mix well.

Spoon fruit into prepared baking dish; evenly sprinkle oat mixture on top. Drizzle melted butter over top, and bake until fruit starts to bubble and topping starts to brown, about 45 to 50 minutes. Allow crisp to cool for a minimum of 2 hours. Cut into 9 pieces and serve. Yields 1 piece per serving.

Peeling the fruit is optional.

The longer the crisp is cooled, the more the fruit juices will be absorbed. If the crisp is cut after two hours, the fruit will be a compote-consistency. If the crisp is chilled overnight, it will be much more firm. Either way, it's very tasty!

Try this recipe with other types of fruit: three pounds of pitted, quartered Italian plums make a lovely crisp.



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**For information on Tikvah assistance, programming, and events,
please contact Karen Beutel at (613)722-2225 ext. 350**