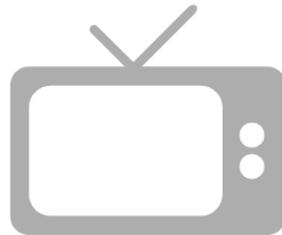


Twin Pines Activity Kit

Hang in there! This is Kit #9

Don't forget to check out TV channel 27 for updates!



Parks & Recreation
30 Twin Pines Lane
Belmont, CA
650-595-7441
www.belmont.gov/parksandrec



20 Twin Pines Lane
Belmont, CA
650-595-7444
www.belmont.gov/adults

“Enhancing the quality of life for the community.”

WOULD YOU LIKE TO STOP RECEIVING THIS KIT? CALL 595-7444.

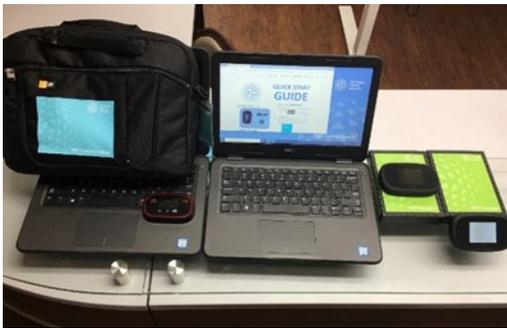
FLU VACCINE CLINIC

Protect yourself from catching the flu! FREE Flu Shots will be available at the Twin Pines Senior and Community Center on Wednesday, October 7 from 1:30-3:30 BY APPOINTMENT ONLY. No early birds! Please wait in your car until your appointment time. Supply is limited, don't delay, call to sign up today! Phone 595-7444 OR email chandley@belmont.gov. You will need to wear a face covering and you will have your temperature checked prior to receiving the vaccine. Anyone with a temperature above 100.4 should stay home and will not receive the vaccine. This FREE service is provided by the San Carlos Walgreens Pharmacy.



LAPTOP & INTERNET HOTSPOT LOANERS ARE AVAILABLE

Are you sheltering in place without access to the internet? Now you can get connected! We have a laptop and internet hotspot available for you to borrow until November 30, with extensions considered. Now you can “surf” the internet, take classes on zoom and visit with family and friends online. The possibilities are endless. Beat the “digital divide” and get connected. Call 595-7444 to reserve yours today. Technical support is not included. That's where a phone call to a family member or friend comes in! This service is offered in partnership with the Belmont Library.



COOLING CENTER AND PSPS CENTER

During extreme heat advisories and PSPS (Public Safety Power Shut-off) events, the Twin Pines Senior & Community Center, or other facilities, may open as a Cooling Center and Power-Charging Station. Visitors will have to answer a COVID-19 survey upon arrival. For everyone's safety, face coverings must be worn and social distancing practiced. No food can be brought to the Center, only beverages. Phone 595-7444 or visit belmont.gov for the latest updates.



COOK'S CORNER

Bea's (Bharathi) Indian Home Cooking

COCONUT RICE

INGREDIENTS

- ❑ Small raw rice - 1 cup (Thai Hom Mali Jasmine Rice is recommended)
- ❑ Coconut milk - ½ cup
- ❑ Ghee (Clarified butter) - 1 tablespoon (You can substitute with oil)
- ❑ Onion -1 cup
- ❑ Bay leafs- 2
- ❑ Cardamom- 4 pods
- ❑ Clove- 3
- ❑ Cinnamon- 2 inches
- ❑ Chopped ginger- 1 tablespoon



- ❑ Black Pepper - 1 teaspoon
- ❑ Cumin seed -1 teaspoon
- ❑ Cashew nuts - 2 Tablespoon
- ❑ Chopped mint - 1 teaspoon
- ❑ Salt - 2 teaspoon
- ❑ Hot Water 1 ½ cup
- ❑ *If you use small rice like Ponni or Sona Masoori, water + Coconut milk should be 2 cups. For big rice use 2 1/4 cups. If you use Basmati Rice, use 1 ¾ cups of Water + Coconut milk.

DIRECTIONS:

Wash the rice and soak it for 10 minutes.

In the rice cooker, put the oil or ghee, and add Bay leafs, Cardamom, Clove, Cinnamon, Black Pepper, and Cumin seed

After 2 minutes add Cashew nuts

After 2 minutes add onion and Mint, and cook for 5 minutes

Add ginger

Then add the soaked rice and stir it for two minutes.

Add the water.

When it starts boiling add the Coconut milk

Cook it for 10 minutes

VADAI (starter)

INGREDIENTS (makes 15 VADAIS)

- ❑ 1/2 cup yellow or green split lentils
- ❑ 1/2 cup chopped Onion
- ❑ ½ chopped Jalapeno
- ❑ 1 sprig chopped Curry leaves
- ❑ 1 tsp Salt
- ❑ 1 tablespoon chopped Ginger

DIRECTIONS:

Soak lentils for a maximum of 3 hours or until the lentils become soft. If you soak more time vadai will absorb more oil.

Completely drain the water. If the lentils have water, vadai will observe more oil.

Grind coarsely.

Mix all the ingredients.

Take small lemon sized balls. Flatten over your palm.

Deep fry vadai. Once the back side is brown, flip all the vadais. Cook until both sides are brown.

Drain the oil.



LAUGHTER IS THE BEST MEDICINE

U HAVE SUCCESSFULLY
MADE IT TO THE END
OF AUGUST! WELCOME
TO LEVEL 9 OF JUMANJI

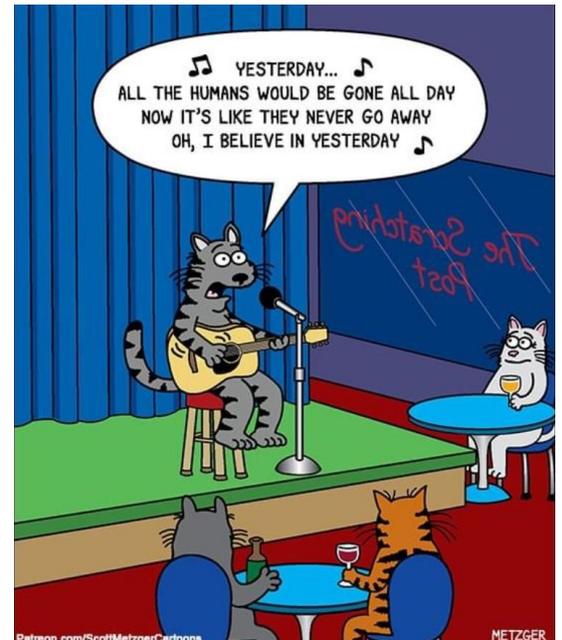
Insert whatever month we are on.



For the second half of quarantine, do we have to stay with the same family or can we rotate? Asking for a friend



CAN WE UNINSTALL
2020 & INSTALL
IT AGAIN?
THIS VERSION
HAS A VIRUS.



Stepped on my scale this morning and it said: Please use social distancing, one person at a time. 🤔 🤔

TRIVIA FUN

If you were a millionaire, would you spend this much for a taste of the world's most expensive food or drinks? Here's a few to make you wonder if they're delicious enough to be worth the price.

1. If you'd been in New York City in 2007, you could have popped into the Westin Hotel for their \$1,000 bagel. It was spread with a special ingredient which contributed to the high price. What was spread on this very special bagel?

- A) Vegemite
- B) Genetically engineered margarine
- C) Andean llama milk butter
- D) White truffle cream cheese

2. Part of the \$100 price for the hot dog from Vancouver's DougieDog is the ingredient the bratwurst is marinated in. What is that luxury ingredient?

- A) Soy Sauce
- B) Guinness
- C) Vintage balsamic vinegar
- D) Expensive cognac

3. Le Burger Extravagant made it into the 'Guinness World Records' as the most expensive burger. For only \$295, this burger could have been yours. Which showy piece of presentation added to the cost of the burger?

- A) Damask linen cocktail umbrella
- B) Gold cutlery
- C) A sterling silver bowl
- D) A gold and diamond toothpick

4. How about a cocktail before dinner? It's a £5,500 cocktail available at Salvatore at Playboy in London. There are no added extras like jewellery or precious metals beefing up the price. What is so special about this pricey cocktail?

- A) You drink it in a helicopter while flying in London
- B) The bartender is a robot
- C) The age of the spirits
- D) It is served in glasses once used by Queen Elizabeth I



5. A soup served at Kai Mayfair in London has been called the world's most expensive soup. Based on an old Chinese recipe and with costly ingredients such as sea cucumber, abalone and ginseng making up the contents, what is this soup's name?

- A) White Men Can't Jump
- B) Mmmm...soup
- C) A Hop, Skip and Jump
- D) Buddha Jumps Over the Wall

6. Let's enjoy the \$1,000 frittata at Norma's in New York City. It's called the Zillion Dollar Lobster Frittata. What ingredient in your frittata makes it so pricey?

- A) An ostrich egg
- B) A pound of saffron
- C) Ten ounces of caviar
- D) It's made with love

7. With a week's notice to acquire the ingredients, you can order a pizza from Margo's restaurant in Malta. Which of these ingredients contributes markedly to the price tag of at least 1,800 euro?

- A) Angel's tears
- B) Olive oil from Mount Olympus
- C) Edible gold leaf
- D) Sterling silver leaf

8. If you'd been at a certain auction in 2012, you could have bought an Easter egg for a mere \$10,000. The world's most expensive non-jewelled egg at the time, it was crafted over three days by seven experienced chocolatiers. How much did this luscious egg weigh?

- A) 5 lbs
- B) 2 lbs
- C) 10 lbs
- D) 110 lbs

9. This dessert cost £22,000. The Lindeth Howe Country House in England made an attempt to create the world's most expensive dessert. What shape did this chocolate dream appear in?

- A) Buckingham Palace
- B) Marilyn Monroe
- C) A Fabergé egg
- D) RMS Titanic

10. The development of this incredible edible was in part financed by Sergey Brin, one of Google's co-founders. What did Mr Brin contribute over £200,000 to create?

- A) A hamburger patty
- B) Brontosaurus steak
- C) Roasted dodo
- D) Vampire kebabs

TRIVIA FUN

You may have seen flower petals in some of your salads. But how many flowers are actually edible? And are they any good?

1. All flowers are edible. A) True B) False

2. Which of the following is NOT often crystallized and used as a decorative, edible topping for confections? A) Waratah B) Ginger
C) Violets D) Pansies

3. These edible flowers, which are also known as gillyflowers or clove pinks, derive their name from the Latin word meaning "flesh".
A) Ginger blossoms B) Hydrangeas
C) Apple blossoms D) Carnations

4. This old-fashioned confection is made by dipping bunches of flowers in hot water and gum arabic, then into a thick sugar syrup, and finally dusting them with granulated sugar. Yum!
A) Crystals of Lilac B) Sugared Sweetpeas
C) Frosted Geraniums D) Honeyed Hollyhocks

5. Bee balm blossoms are also known as wild bergamot and thus can be substituted for which of the following food items?
A) Béarnaise sauce B) Chicory coffee
C) Watercress D) Earl Grey tea

6. Thais eat Dok Fugtong Tod; Italians make Risotto ai Fiori di Zucca; and Crepas de Flor de Calabaza is a Mexican specialty. What's the globe-trotting common ingredient in all three?
A) Maize root B) Squash blossoms
C) Marigolds D) Cornflower

8. Although its leaves and seeds are edible, the primary commercial use of the plant *Papaver somniferum* is which of the following?
A) Decorative B) Medicinal
C) As livestock fodder D) Manufacturing



9. Which of the following statements about dandelions is UNTRUE?

- A) Another name for dandelions is *Taraxacum Officinale*, which means "the official remedy for disorders".
- B) Dandelion leaves contain calcium and many vitamins.
- C) A decoction of dandelion leaves will act as a diuretic.
- D) Only dandelion leaves are edible; the flowers and root are not.

10. Oleander and foxglove are edible.
A) True B) False

11. Indian cress is another name for this colorful, peppery-tasting flower that's good in salads and whose seeds can be brined like capers.
A) Violets B) Lavender
C) Rose D) Nasturtium

12. Which of these vegetables are actually flowers?
A) Globe Artichokes B) Broccoli
C) Cauliflower D) All of them

13. Fresh or crystallized roses make a lovely AND edible garnish for wedding cakes. A) Yes B) No

14. Cornflower, Mallow, Lemon Verbena, and Wild Honeysuckle. They SOUND like food, but are they edible? A) Yes B) No

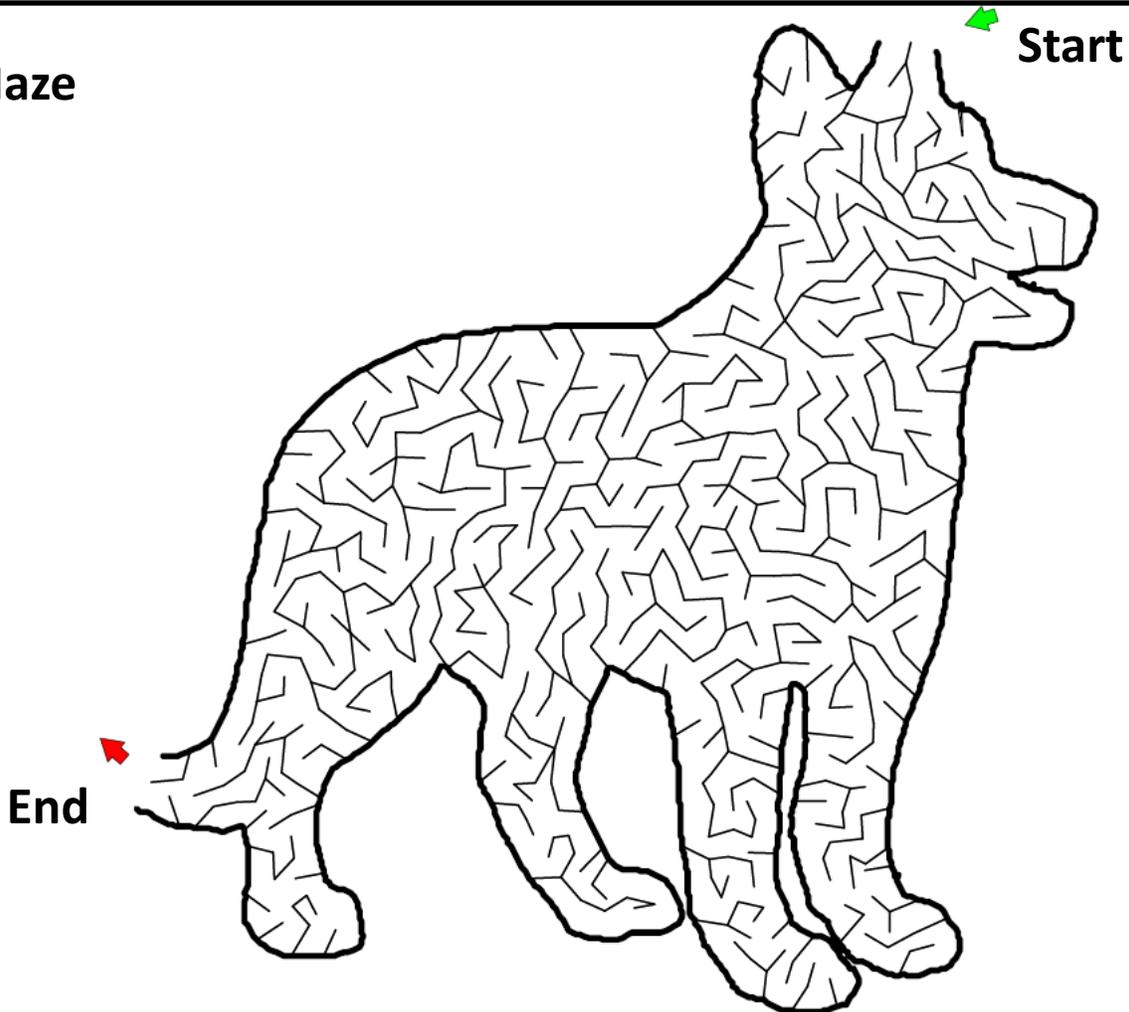
15. Because of their bright yellow color, these edible flowers are also known as "the poor man's saffron". When fed to chickens, they produce golden yellow meat. In India, they are worn as fragrant garlands. What is this versatile flower?
A) Daffodil B) Buttercup
C) Jonquil D) Marigold

BRAIN TEASERS

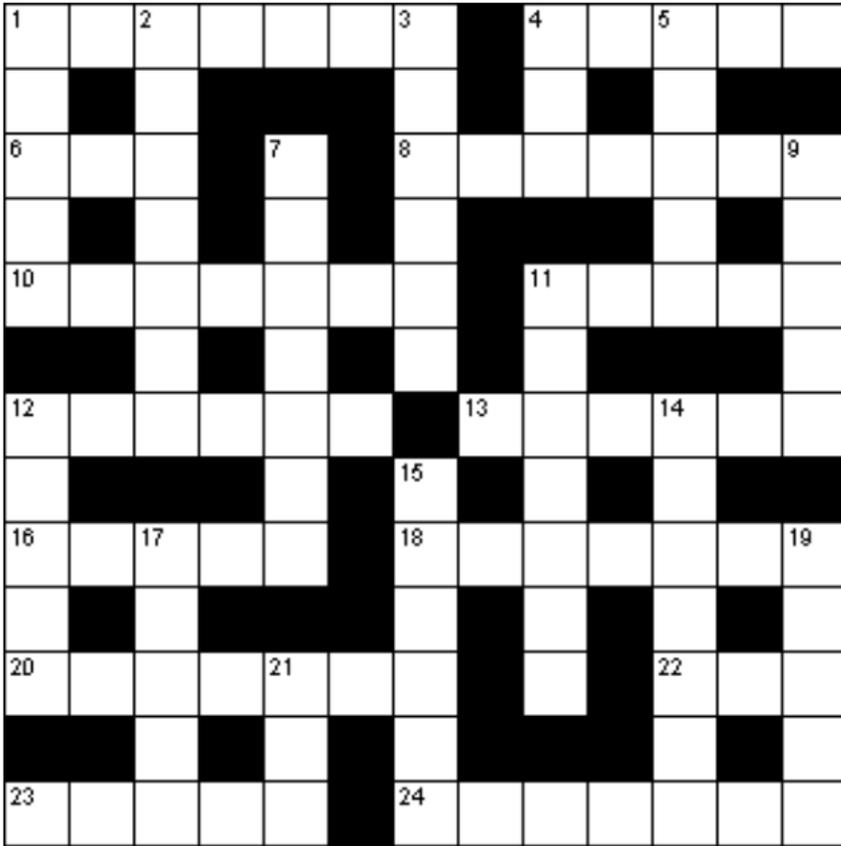
ANALOGIES: Remember these? Let's dust off the ol' noggin' and see if we can complete the brain exercises *(Answers on page 10)*

- Potatoes are to peanuts as apples are to _____.
Fall Fruit Seeds Peaches
- Wolves are to pack as whales are to _____.
Fish Fins Pod Dolphins
- Concealed is to secret as as overt is to _____.
Large Round Thought Revealed
- Zeus is to Jupiter as Hermes is to _____.
Mercury Jupiter Pan Mars
- Silver is to metal as rye is to _____.
Fiber Sandwich Food Grain
- Rabbit is to hop as snake is to _____.
Reptile Slither Venom Jungle
- Stalactites are to stalagmites as ceiling is to _____.
House Roof Window Floor
- Books are to libraries as weapons are to _____.
War Guns Armories Soldiers
- Solar is to sun as lunar is to _____.
Planet Light Earth Moon
- A medal is to bravery as wages are to _____.
Work Banks Union Money

Doggy Maze



CATCH-WORDS CROSSWORD PUZZLE



Across

1. Just what the doctor ___ (7)
4. ___ and sweet (5)
6. To ___ is human (3)
8. ___ comic (7)
10. Pins and ___ (7)
11. ___ button (5)
12. The devil is in the ___ (6)
13. Belt and ___ (6)
16. ___ on the cake (5)
18. Time is of the ___ (7)
20. Finders ___ (7)
22. Like a red ___ to a bull (3)
23. Older and ___ (5)
24. Free ___ (7)

Down

1. A drop in the ___ (5)
2. It is always ___ just before the dawn (7)
3. Cease and ___ (6)
4. All at ___ (3)
5. In ___ days (5)
7. A ___ stone gathers no moss (7)
9. ___ and shovels (5)
11. Catch ___ (7)
12. Eat, ___ and be merry (5)
14. Operated by remote ___ (7)
15. The lion, king of ___ (6)
17. ___ of interest (5)
19. Rough around the ___ (5)
21. Play it by ___ (3)

Answers: ACROSS 1. Ordered 4. Short 6. Err 8. Standup 10. Needles 11. Wisser 12. Detail 13. Braces 16. Icing 18. Essence 20. Keepers 22. Rag 23. Panic 24. Samples DOWN 1. Ocean 2. Darkest 3. Desist 4. Sea 5. Olden 7. Rolling 9. Picks 11. Phrases 12. Drink 14. Control 15. Beasts 17. Items 19. Edges 21. Ear

CAN YOU SPOT THE 15 DIFFERENCES BETWEEN THE TWO PICTURES?



World's Most Expensive Edibles Trivia Answers

- 1. White truffle cream cheese.** The bagel was then topped with little drops of goji berry-infused Riesling jelly which in turn were topped with pieces of 23 karat gold leaf. However, profits from the bagels went to the Les Amis d'Escoffier Scholarship which helps train future chefs. How expensive is a truffle? In 2007 a Macau businessman named Stanley Ho paid \$330,000 for a large white truffle at an international truffle auction. It weighed a massive 1.5kg (just over three pounds) and featured in a large banquet a few days later in Macau.
- 2. Expensive cognac.** Called a Dragon Dog, this 'Guinness World Records' title holder for the most expensive hot dog starts with a bratwurst marinated in cognac. The cognac costs \$2,000 a bottle. Placed into the hot dog bun, it's then topped with lobster, truffle oil and a special sauce.
- 3. Gold and diamond toothpick.** Created in New York City's Serendipity 3 restaurant, what appeared at first to be a fairly regular burger is anything but ordinary. The beef was Japanese Wagyu beef which was infused with white truffle butter. There was also James Montgomery cheddar cheese, black truffles (shaved) and the egg is a fried quail egg. Added to that decadent mixture was a blini, crème fraiche and caviar. On the top bun was a toothpick, a gold toothpick with small diamonds set into it. It's all quite reasonable really, for the price. There is a burger available in a Las Vegas restaurant for \$5,000, but the price includes a bottle of wine which is worth \$2,000 on its own.
- 4. The age of the spirits.** There is a finite supply of the old spirits used in this cocktail. Into a Salvatore's Legacy go rare spirits such as a 1788 cognac, a 1770 Kummel liqueur, an orange curacao from the 19th century and Angostura Bitters that are over 100 years old. There are more expensive cocktails available around the world, but the prices are inflated by the addition of gold and diamond jewelry which come with the drink.
- 5. Buddha Jumps Over the Wall.** Also comes with noodles, abalone, scallops, chicken, ham, Japanese flower mushrooms and ginseng. An old Fujian dish, the recipe used to include shark fin which has been replaced by noodles. The name came from a tradition which says that the smell of the soup is so appetizing that it would make Buddha, a vegetarian, stop meditating and jump over a wall to consume it. The price? It was a snip at £108 for the finless version. The restaurant needed five days notice to assemble all the ingredients before you popped in for your soup.
- 6. Ten ounces of caviar.** If you feel \$1,000 is too much, there is much cheaper version available with only one ounce of caviar. It's not just the caviar which made this the most expensive omelette in 'Guinness World Records'. There is also lobster to complement the eggs, and it's served on a bed of fried potatoes.
- 7. Edible gold leaf.** The gold leaf isn't the only expensive item in this pizza. The cheese is organic water buffalo mozzarella and the white truffles are flown in from Piemonte, Italy. With truffles only available in truffle season (October to May), the pizza's price can vary according to the ingredient's seasonal prices. Part of the proceeds from the pizza go to charity, so we can feel a little virtuous while we indulge.
- 8. 110lbs.** Made by William Curley, a prize winning London chocolatier, the egg was made from a Venezuelan chocolate often considered the finest in the world. Inside the large egg were smaller chocolates with award winning flavours such as muscovado caramel, rosemary and olive oil, and Japanese black vinegar. There were no gemstones decorating the egg but the outside did have some gold leaf decoration and confectionary flowers so it wasn't completely plain.
- 9. Fabergé egg.** This dessert was created to attain the world's most expensive dessert award in 2011. Exquisitely made with top quality chocolate, it also had gold leaf (of course), champagne, caviar and a diamond. You needed to give the establishment two week's notice before sitting down to dine on this chocolate dream.
- 10. Hamburger patty.** This wasn't any ordinary hamburger patty. Developed by Dr Mark Post of Maastricht University, this patty was created in a laboratory from stem cells. The cells were taken from a cow and placed into a nutrient broth to multiply. (Uh...yummy?) Collagen is added to the mix and then electricity is used to stimulate the burgeoning muscle fibres to contract, much in the same way movement will build up muscles in a human body. A single patty required 20,000 muscle fibres which were developed over three months. Mixed with egg and breadcrumbs, and beetroot juice for colour, it was cooked in London. A food reviewer and a food researcher volunteered to try the delicacy in 2013. The verdict wasn't bad, with the meat having a texture quite similar to a 'real' hamburger but it was quite dry. The taste and texture certainly closer to meat than a textured vegetable protein, which is often used as a substitute for meat.

FLOWER TRIVIA ANSWERS

- 1. False.** Before you start gnawing through that wildflower meadow or anniversary bouquet, be aware that some flowers, bulbs, seeds, and/or leaves can be highly toxic. Before eating, check several reliable sources and use only fresh, clean, and most of all, EDIBLE flowers that are free of soil, insects, and pesticides.
- 2. A) Waratah.** Making your own crystallized flowers and leaves is easy with egg white and superfine sugar. Violets are most often crystallized, but other plants such as bachelor's buttons, chive blossoms, mint leaves, geraniums, lavender, pansies, roses and squash blossoms may be used as well. The waratah, or *Telopea speciosissima*, is a large Australian shrub whose blooms can be 10 cm across. While the flower's huge size makes it impractical as a confectionary topping, its sweet nectar is safe to drink.
- 3. D) Carnations.** Not surprisingly, carnations have a spicy/sweet taste to go with their spicy smell. Try them in vinegar, wine, salads or desserts. The famous French liqueur, Chartreuse, has carnation petals as one of its many ingredients.
- 4. A) Crystals of Lilac.**
- 5. D) Earl Grey Tea.** "Earl Grey, hot." It remains to be seen if Captain Picard of the "Enterprise" would enjoy a steaming cup of bee balm blossoms, but bergamot is the main flavoring in Earl Grey tea.
- 6. B) Squash blossoms.** Dok Fugtong Tod is crunchy squash blossoms. In the Italian dish, squash blossoms are cooked with arborio rice to make a wonderful risotto. Mexicans make squash blossom soup.
- 7. B) Medicinal.** *Papaver somniferum* is mankind's friend and sometime nemesis, the opium poppy. From one plant we get heroin, codeine, morphine...AND the poppy seeds on our bagels.
- 8. D)** All parts of dandelions are edible. The roots are chicory-like (chicory, used to flavor coffee, is a dandelion relative), and the flowers can be eaten in salads or used to make wine. Raw dandelion greens, which have a bitter, interesting taste, are among the most nutritious foods you can eat, as they contain at least 19 vitamins and minerals.
- 9. False.** Actually, these two are among the most poisonous and toxic plants around. Foxglove is used to make the heart medication digitalis...not exactly something you'd want on your buffet table!
- 10. D) Nasturtium.** Nasturtiums are one of the more commonly eaten flowers.
- 11. All of them.** They even look like flowers, and broccoli is called "florets".
- 12. True.** If free of pesticides, all roses are edible. They have a fruity/flowery taste and are used to make honey, syrup, jellies, butters, and in salads. Try freezing small rosebuds in ice to make a beautiful punch bowl float. Rosewater is often used in Middle Eastern and Northern African cuisine.
- 13. Yes.** Cornflowers, also known as Bachelor's Buttons, have a sweet-spicy, clovelike flavor. Lemon verbena, not surprisingly, is citrusy in teas, custards and flans. Mallows are edible, although their use is more medicinal because they are sort of gummy and not as tasty as other flowers. Most cultivated (ornamental garden) honeysuckle is no longer edible, but wild honeysuckle (*Lonicera japonica* or Japanese honeysuckle) contains a sweet nectar that's just like...you guessed it...honey.
- 14. D) Marigold.** All the choices may be yellow, but marigolds are the only flower listed that can be eaten. The others are beautiful, but not edible.

Remember, don't try any flowers unless you know they are edible, cleaned and pesticide-free!

ANALOGIES Answers

1. Peaches. The connection is how they grow. Potatoes and peanuts grow underground while apples and peaches grow on trees.
2. Pod. School and herd are also used to describe a group of whales.
3. Revealed.
4. Mercury. Zeus and Hermes are the Greek names of gods. Jupiter and Mercury are their Roman counterparts.
5. Grain.
6. Slither
7. Floor. Stalactites are deposits of calcium carbonate that form and hang from the ceilings of caves. Stalagmites rise up from the floors of caves.
8. Armories
9. Moon
10. Work.