



Happenings IN TOWER 100

Volume 12 Issue 12

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

March 2022

MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive
Aventura, Florida 33180

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OFFICE HOURS

Mon. - Fri....9:00 am-5:00 pm
Closed for lunch... 12:15-1:15pm



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INTERNATIONAL WOMEN'S DAY

March 8th. International Women's Day, an international holiday, has been set aside to recognize the achievements and successes of women the world over. March 8th marks one of the first organized actions by working women anywhere in the world. On this day in 1857, hundreds of women garment and textile workers went on strike in New York City protesting against low wages, long working hours, and inhumane working conditions. The event ended in violent struggles with police.



*"Our lives shall not be sweated from birth until life closes,
For our hearts starve as well as bodies
Give us bread, but give us roses."*

(The anthem of striking mill workers in Lawrence, Massachusetts, 1912.)

Easy Irish Soda Bread

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk



Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

SHEPHERD'S PIE

- 4 large potatoes, peeled and cubed
- 1 tablespoon butter
- 1 tablespoon finely chopped onion
- 1/4 cup shredded Cheddar cheese
- salt and pepper to taste
- 5 carrots, chopped
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 pound lean ground beef
- 2 tablespoons all-purpose flour
- 1 tablespoon ketchup
- 3/4 cup beef broth
- 1/4 cup shredded Cheddar cheese



Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion and 1/4 cup shredded cheese. Season with salt and pepper to taste; set aside.
2. Bring a large pot of salted water to a boil. Add carrots and cook until tender but still firm, about 15 minutes. Drain, mash and set aside. Preheat oven to 375 degrees F.
3. Heat oil in a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.
4. Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of mashed carrots. Top with the mashed potato mixture and sprinkle with remaining shredded cheese.
5. Bake in the preheated oven for 20 minutes, or until golden brown.

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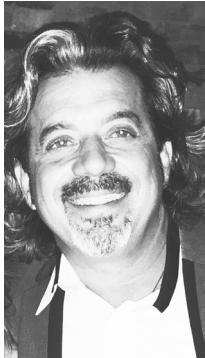
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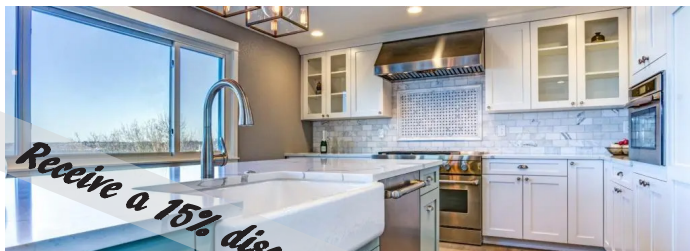
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