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TOM VAN DUSEN

The Valley

Among church's recipes for survival, Russell cookbook also serves up old-fashioned words of wisdom

RUSSELL — "There are more accidents in the kitchen than in any other room in the house, and sometimes husbands have to eat them."

Those are just some of the old-fashioned words of wisdom dished out in the new *Flavour of Russell* cookbook.

But it's much more than that, says its creator, Jane Adlard.

Yes, the black and white, spiral-bound book contains tried and true recipes contributed by area cooks and gleaned from other local collections.

But there are also wise sayings, historical anecdotes, spiritual messages, old-time remedies, and little ditties, such as the formula for homemade "ant cure" and hair straightener — beef suet is the main ingredient — along with the technique for removing "foreign bodies in the nose" mixed among the meatballs and scalloped potatoes.

Honeymoon Salad

There's even some down-home humour, such as the "recipe" for Honeymoon Salad: "Lettuce alone without dressing," contributed by a little old lady who was too embarrassed to allow her name to be used.

Jokes aside, the cause is a good one: Helping to make ends meet at St. Andrew's and St. Paul's United Church, one of three traditional congregations in this village.

Like many small rural churches, St. Andrew's and St. Paul's is experiencing the

double whammy of declining attendance and increasing costs, to the point the Sunday collection is no longer enough.

As a result, the church stewardship committee, of which Adlard is a member, is reaching more and more into the community through fundraisers, such as the book project.

At \$12 a copy, the first batch of 100 books is pretty well sold out, Adlard said.

More than half the proceeds will be used to boost church coffers.

The book is just one way the stewardship committee is tackling the church's looming deficit, said chairwoman Karen Sheldrick.

A multi-faceted evening of socializing and entertainment was held recently in the church, complete with a foot-stompin' Newfoundland band performing from the altar.

A silent auction offered some 40 items, including Mother's Day gift baskets and three original wooden pews — which became expendable when an alternative seating section was created in the church for those who need it. The pews sold for \$100 each.

Proceeds will go into keeping the 120-year-old church functioning, Sheldrick said.

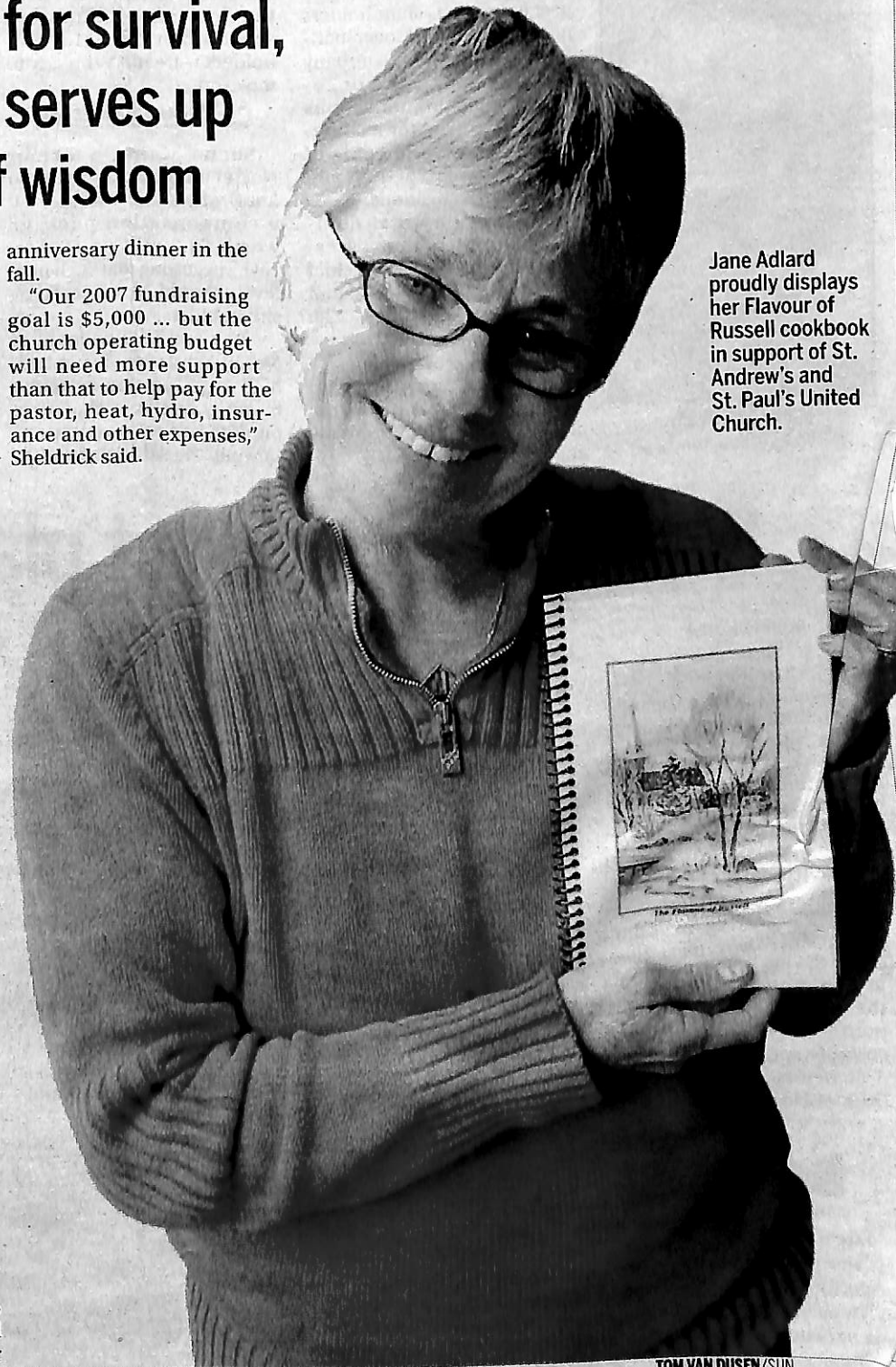
Last year, the committee raise about \$20,000 through three main fundraisers, including a strawberry social, anniversary dinner and a major auction.

The committee plans to repeat the strawberry social this summer and hold another

anniversary dinner in the fall.

"Our 2007 fundraising goal is \$5,000 ... but the church operating budget will need more support than that to help pay for the pastor, heat, hydro, insurance and other expenses," Sheldrick said.

Jane Adlard proudly displays her *Flavour of Russell* cookbook in support of St. Andrew's and St. Paul's United Church.



TOM VAN DUSEN/SUN