

Why not try growing trees and shrubs on walls, fences? It's espalier!

Want to grow your own apples, peaches or pears, but your garden is just too small?

Or having problems finding a suitable plant to grow in that narrow bed between the house and sidewalk?

Then, why not grow an espaliered fruit tree or shrub, says Horticulturist Wayne Brown of the Ontario Ministry of Agriculture and Food's plant industry branch.

"What is an espalier (ess-PAL-yer)? My definition is one used by old European gardeners: a fruit tree or a flowering shrub trained to grow flat against a wall or trellis," Brown said.

The horizontal espalier is most common. It has one of six tiers of branches trained horizontally to the right and left of the trunk.

Because most espaliers are trained to grow only to eye level, the job of pruning, thinning and spraying can be done with ease.

Modern apple cultivars grafted on semi-dwarfing rootstocks provide ideal trees to train using the old European pruning methods.

Peach, pear, and cherry trees can also be trained.

Shrubs such as Firethorn, Forsythia or flowering Quince can be used effectively.

Before planting the young tree or shrub, you must first determine the plant's use.

For example, espaliers can be used to separate the vegetable garden from the lawn or as a screen along a fence or as a feature around the terrace or patio.

Fruit trees should be planted where they will receive at least six hours of sunlight, if you want the tree to produce fruit.

Usually a wall with a southeast to southwest exposure is best.

"But be sure to place the espalier 30 cm to 45 cm away from the house to minimize the influence of reflected sunlight during the late winter months when the tree must remain dormant," Brown added.

A wire suspension system must be set up to train the plant to grow in this manner.

If you are suspending the espalier against the house or garage wall, begin by drilling a pair of deep holes in the wall, about 2.5 cm deep, three meters apart and 30 cm to 45 cm above the ground.

Set 2.5 cm lead anchors in the holes and then screw eyebolts into the anchors until secure.

Then drill holes at 30 cm intervals above the bottom most pair, depending on the number of tiers desired.

Fasten No. 14 galvanized wire, horizontally between the pairs of

eyebolts.

Vinyl-coated wire can also be used.

If the espalier is in the open or along a fence, fasten the wires to well-braced wooden posts.

Ties are another important consideration.

"Plastic ties, jute, or twine are good. But avoid using any tie made of wire because the wire will cut the tender bark," he said.

Pruning is the essence of training an espalier.

"It takes a stout heart because we are not used to restricting plants to a limited area; the Europeans, on the other hand, have been required to impose a greater degree of order on Mother Nature because of the limited space in their gardens."

Paul J. Rockel

(NC)—There it was in the "Stranger Register" (a financial magazine) reporting on the annual income statistics for people in the United States. (I haven't seen Canadian statistics, but I imagine they would be comparable.)

In talking about annual income(s) in the U.S., the report stated:

* Only 2% of Americans earn over \$75,000 per year.

* 78% make between \$20,000 and \$75,000 per year.

* 20% earn less than \$20,000.

Then the report went on to say about age 65:

* 92% of Americans are receiving less than \$25,000 a year — INCLUDING income from Social Security, pensions and investments.

* Excluding home equity, the median net worth for people age 65 is:

(1) a married couple — \$20,000

(2) a single woman \$5,000

(3) single male, \$3,500

I find the above statistics shocking. We must give credit to the advertisers, and those who issue credit, because we on the North American continent have been duped into being "spenders" only, particularly on things that lose value, such as cars, TV's, clothes, electrical gadgets, vacations, etc.

There is nothing wrong with spending on "things", as long as one of those "things" is our future. A small portion of what you earn should always be set aside for "you and your future" to build what I call a "second income" (your first income is your wages—your second income is the earnings from investments).

Let's assume that all of us fit into that "20% earn less than \$20,000 per year" category, and that all we earn is \$18,000 per year. If we saved just 5% of that (maybe into an RRSP) starting at age 25, and our income

won't affect these things is hiding his head in the sand. However, I'm beginning to wonder if my concern about the impact of such a trade agreement isn't a bit like that of the guy worried about his weight who puts saccharine in his coffee after eating a great big steak with french fries followed by banana cream pie.

The results of a survey published recently by Statistics Canada show that in 1986 Canadians watched an average of 24.2 hours of television a week, the majority of it American. Canadians actually spend nearly two thirds of their viewing time tuned into foreign programs. In other words, the average Canadian is getting about 15 and a half hours a week of TV programming which tends to undermine all those things which make us different.

I'm not suggesting that we're better than the Americans, or that American television is evil. I'm simply pointing out that Canadians, particularly younger Canadians, cannot watch that much U.S. television each week, and not have their differences, even their awareness of those differences, eroded.

In another couple of decades, then, where would they find the will to remain Canadian? And if that is true, how will those of us who care go on finding the will now to oppose the free trade deal.

When Alouette 1 was launched in 1962, Canada became the third country, after the U.S. and USSR, to have a satellite in orbit. The *Canada Handbook* tells us that, seven

homes

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Brown said

Purchase a fruit tree about 1.2 meters to 1.5 meters in height or buy a "one-year whip", a tree about one meter high with a few very small branches.

In either case, you must prune the branches back so that there are only three buds left, one bud to the left of the first wire and one bud to the right of the first wire and one to train upwards.

By the end of June, these three buds will have produced 20 cm to 30 cm long shoots.

Fasten bamboo canes at 45 degree angles from the horizontal support

near the base of the two shoots up to the second wire.

Tie the flexible shoots to the canes.

Fasten the third bamboo cane to the upright shoot.

In late August, untie the two side shoots and attach them to the bottom wire, being careful not to break the shoots as you position them in a horizontal line.

In late winter, prune the upright shoot to a bud, five cm above the second wire.

Then repeat the same procedures as the previous year and continue training until you reach the top

wire

In June, prune all laterals that develop on the horizontal arms back to three leaves from the basal cluster to encourage spur growth.

And in the fall, prune all secondary shoots produced in mid-summer, back to one bud.

As the espalier matures, the laterals may require thinning to one lateral every 7 cm, to 12 cm. "Training the espalier takes a little time throughout the season, but the fruits of your labour in a space no greater than 60 cm, to 80 cm, wide, will be most rewarding over the years," Brown said.

Ouch — we're making more, but retiring with less

and savings remain the same over the next 40 years, we'd have saved \$36,000.

True, if we'd saved it in a bank account earning only 5% average per year (which many of us do) it would be worth \$114,155. Still, that's a lot better than the "married couple net worth of \$20,000 at age 65".

However, if we'd saved it, as an example, in a good equity mutual fund (most of which have long-term records of achieving 15%, and better) at 15%, our \$36,000 of savings (\$900 per year) would be worth \$1,841,358 at age 65. That's \$1 3/4 million MORE dollars than saving the same amount at 5% (which is what most of us do).

Boy, could we ever buy "things" then, and really help build the economy. If we were to convert that \$1,841,358 into a 10% per year income, we'd have \$184,000 per year to spend on all those advertised "things".

You see, the person (most of us) who spends what they earn each year, in the above example, would have \$900 more dollars to spend each year, amounting to \$36,000 in total, over the 40 years. That did "it's little bit" to keep the economy going.

But the "saver" now has \$184,000 PER YEAR to spend, and if they

continue spending it each year for the next 11 years, will spend over \$2 million, putting that value back into the economy, buying the goods and services that you and I produce (at work).

On top of that, because they were only spending 10% (whereas the mutual funds were averaging 15—) the value of their savings would

now be (\$1,841,358 x 11 years x 5%) over \$3 million (\$3,149,347). You could now take 10% of this new value, giving you over \$300,000 per year to spend. Think you could do it?

It's a lot better than the "less than \$25,000 per year that 92% retire with" now.

Paul J. Rockel is author of the book "Why I Invest in Mutual Funds", and President of Regal Capital Planners Ltd.

For a free brochure on mutual funds, ask for "Why Doesn't Everyone" and write: Paul J. Rockel, Regal Financial Centre, 153 Union St. E., Waterloo, Ontario N2J 1C4.



Bald Eagle

During fall migration and with the onset of cold weather and freezing temperatures, the bald eagle makes an appearance in the marsh world. As temperatures drop, the marshes freeze over and the areas of open water diminish. Sometimes sick or crippled waterfowl are trapped with no hope of escape, it's either starve or freeze to death. Bald eagles will patrol the shrinking water area, snatching up these cripples, either from the ice or from the water.

For the free pamphlet, *Know Your Ducks*, write: Ducks Unlimited Canada, 1190 Waverley St., Winnipeg, Manitoba R3T 2E2.

STATFACTS for children

Alexander Graham Bell made the first ever telephone call on March 10, 1876. His first words on the telephone, spoken to his assistant, were: "Watson, come here, I need you." Today, according to Statistics Canada, 98.5 per cent of all Canadian homes have at least one telephone, and more than 50 per cent have two.

Jeanne Sauve became Canada's first female Governor General in May 1984. In recent years, women have made substantial gains in entering traditionally male-dominated professions. But women, it seems, still have a long way to go. According to Statistics Canada, only 19 out of every 100 persons working in a male-dominated profession are women. On the other hand, 34 out of every 100 persons working in female-dominated professions are men.

How many brothers and sisters do you have? You probably have fewer than either your mother or father. You may not even have any at all! Statistics Canada reports that the average Canadian family has shrunk in size from four members in 1961 to just three in 1986.

When Alouette 1 was launched in 1962, Canada became the third country, after the U.S. and USSR, to have a satellite in orbit. The *Canada Handbook* tells us that, seven

satellites later, Canada remains a leader in satellite technology.

How much television do you watch in a week? Statistics Canada says that the average Canadian spends almost a full day (23.5 hours) of each week in front of the box. Newfoundlanders watch the most television of all Canadians, Albertans the least.

The *Canada Yearbook* tells us that the St. Lawrence Seaway is the

longest canal system in the world. It is almost 3,800 kilometres from the Atlantic Ocean to the western tip of Lake Superior. The Seaway allows freighters to carry wheat from the Prairies to Montreal and Quebec City, where it is loaded onto vessels destined for ports overseas.

For more information, please contact Marc Reppin (613) 951-1193 or Lyne Belanger-Pare (613) 951-8292, Communications Division, Statistics Canada.



OTTAWA—Like anyone who values the things which make Canadians different than Americans, I am worried about the impact of the free trade deal on what remains of a distinctively Canadian society.

Culture is not simply the sum of our literature, film, television, drama, music, fine art and that sort of thing. It has to do with our history, our heroes, our traditions, and what we were taught in school. It has to do with the games we play and the kind of beer we drink. It has to do with what we feel is moral, and how we use our leisure.

It has to do with the languages we use, the accents in which we speak them, and our ethnic origins. It has to do with our northern outlook and our weather, our immigration policies, and how we treat the environment. It has to do with our notions of justice and to what extent everyone in our society gets a fair break.

In my view, anyone who says that a comprehensive free trade deal



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