

From the kitchens of Weight Watchers

MUSHROOM CANAPÉS

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| 2 teaspoons (10 mL) diet margarine (tub) | 1 tablespoon (15 mL) Marsala wine |
| 2 cups (500 mL) quartered mushrooms | 1 1/2 teaspoons (7 mL) sweet pickle relish |
| 2 tablespoons (30 mL) chopped fresh Italian (flat-leaf) parsley | 1 1/2 teaspoons (7 mL) half-and-half (blend of milk and cream) |
| 1 garlic clove, minced | 4 slices (1 ounce [30g] each) Italian bread, each slice cut into 3 pieces and toasted |
| 1/8 teaspoon (0.5 mL) salt | |
| Dash pepper | |

1. In 9-inch (23 cm) nonstick skillet melt margarine; add mushrooms, parsley, garlic, salt, and pepper and cook over medium-high heat, stirring frequently, until mushrooms are softened, about 3 minutes. Add wine and relish and stir to combine. Cook until liquid evaporates, about 2 minutes.
2. Transfer mushroom mixture to food processor. Add half-and-half and process until pureed, scraping down sides of work bowl as necessary. Set aside and let mixture cool completely.
3. Top each toast slice with an equal amount of mushroom mixture.

Makes 4 servings, 3 canapés each

Each serving provides: 1/4 Fat; 1 Vegetable; 1 Bread; 10 Optional Calories.

Recipe from "Healthy Life-Style Cookbook", ©1992 Weight Watchers International, Inc.

Return to basics. For information on a meeting location near you, call 1-800-387-8227.

Local co-chairs WLU Conference

The 5th Wilfrid Laurier Education Conference which had its origin in 1977 took place on October 23 and 24, 1992 at Wilfrid Laurier University. The Conference was co-chaired by Tom Ramautarsingh, Maureen Innes and Judy Cook.

"The initial purpose of previous Conferences was to promote excellence in the teaching of Language Arts. This 1992 Conference introduced a much broader scope which called for collaborative actions to deal with the unprecedented social changes we face today", says Tom Ramautarsingh, Co-chairperson of the 1992 Conference and co-founder of the WLU Conference.

"We hope to develop partnerships across all segments of our community. This Conference gave us an opportunity to discuss relevant topics as Gender Issues, The Environment, Equity in the Workplace, Equity and the Elderly, The Empowered Worker, Violence in Relationships, Multiculturalism, Work and Family Balance."

Riane Eisler who recently returned from addressing a world conference in Europe gave the opening address at the evening session.

She reiterated the ideas found in her book, *The Chalice and the Blade: Our History, Our Future*. Eisler is internationally recognized as a highly original thinker, her groundbreaking work synthesizes vast areas of knowledge about the whole of humanity (both men and



The WLU Education Award of merit was presented to Henry Bloos at the Fifth Annual WLU Education conference. Here conference co-chair Tom Ramautarsingh (left) and Judy Cook (right) presented the award to Bloos and his wife. Photo submitted

women) and provides a new perspective on our past, present and possibilities for the future.

Her book *The Chalice and the Blade* is hailed by Princeton University anthropologist Ashley Montague as "the most important book since Darwin's *Origin of the Species*". She discussed two types of cultures: the dominator model (man over woman, man over man, race over race, nation over nation)

and the partnership model (based on cooperative teamwork). She stressed that our culture follows the dominator model but felt there were partnerships developing among the environmentalists and the feminists.

"We ought to 'remyth' a lot of stories on which we base our lives. It was pointed out that in the environmental area children are learning about recycling. We have to do away with the glamorization of battles, brutality and the power to dominate.

There are three levels of action—Firstly, we must have a global campaign against violence and abuse in intimate relationships. Private rights must be respected and supersede public rights. Secondly, the promotion of a partnership economy where the best features of capitalism and socialism are retained. Thirdly, we have to change the manner in which we educate the young.

"Today's education is indoctrination. It is hierarchic, authoritarian and institutionalized," she said.

Maude Barlow, author of *Parcel of Rogues* gave the morning address. She expressed her concerns about free trade deals and the nature of multinationals' behavior in the world. Transnational corporations controlled 47% of the world's largest economies.

There is no one to regulate the power of these multinationals. She stated that the Japanese and European model stressed education, research and infrastructure, whereas the North American model slashes wages, standard of living and infrastructure. Barlow feels that Canada's role must be more independent in an interdependent world.

Ramautarsingh in his closing remarks said: "This Conference afforded us true education as we have heard different points of view. We are more knowledgeable after hearing the addresses and participating in the sessions. Education has no bounds."

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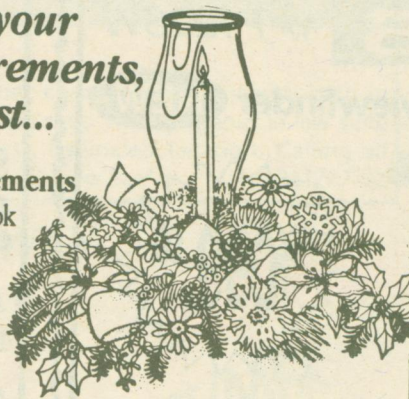
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