

# BOARD & BATTEN

## Keeping the home fires burning

### Glenda's Kitchen Kapers

BY GLENDA BENTON



Well it appears we all survived the Y2K bug. As for the other bugs around, some of us weren't so lucky. A month later I am starting to feel like living again. Hopefully you will miss the flu, colds and pneumonia that so many have had. I wanted to share one of my favourite winter meals. I often make this meat loaf when my kids come for an after work meal but there are never any leftovers for Bert when I serve it.

#### SOUPERIOR MEAT LOAF

- 1 envelope Lipton Onion or Beef flavour Mushroom Soup Mix
- 2 pounds of ground beef
- 1 1/2 cups of soft bread crumbs
- 2 eggs
- 3/4 cup water
- 1/3 cup ketchup

Preheat oven to 350. In large bowl, combine all ingredients. In large shallow baking pan, shape into a loaf. Before baking make a slit in center of loaf and add the sauce.

#### Meatloaf Sauce

- 3 tablespoons brown sugar
  - 1/4 cup ketchup
  - 1/4 teaspoon nutmeg
  - 1 level teaspoon dry mustard
- Bake for 1 hour or until done. Makes 6-8 servings.

I try to use the oven for the whole meal when I make this meat loaf. I do baked potatoes & acorn squash or I sometimes do a mixed baked veggie casserole. I cut up potatoes, carrots, yam, onions and parsnips, add a couple tablespoons of Catalina dressing (Italian is good too but we prefer the Catalina), stir and add enough water to keep the veggies from sticking. It cooks in the same time as the meat loaf.

*Here is a quick supper I often make for the girls on their Sparks & Brownies night. Served with Grandma's warm tea biscuits or fresh buns, they eat their fill.*

#### KRAFT DINNER SUPPER DISH

Cook Kraft dinner as directed. Brown 1 pound lean ground beef and one onion. Add one tin of tomato soup (no water). Add this to the prepared Kraft dinner. Stir and serve. Of course ketchup is a must for the girls, but I prefer chili sauce.

"Some things are loved because they are valuable; others are valuable because they are loved."

## COMMUNITY CORNERSTONES

### Sally Baxter's Kinrik

BY DONNA DANIELLI THE COMPASS

Sally Baxter has always had an affinity for animals.

Her home is a sanctuary for the wounded animals that people bring to her, not knowing where else to go. She has nursed, fostered and then released back into the wild squirrels, raccoons, foxes, rabbits, birds and even once, an opossum. Now, with the establishment of Kinrik, the Escarpment Cat Adoption Sanctuary, Sally is able to offer sanctuary to cats and kittens needing a home.

Sally, whose five acre farm backs onto a conservation area, has converted a two story garage to house Kinrik. Located south of Campbellville, Kinrik is owned and operated solely by Sally but will work closely with local veterinarians. Although kittens will be available for adoption at ten weeks of age, cats will have a home at Kinrik for as long as they need before adoption. No cat will be put down because it hasn't been adopted within a certain time frame. The cats will live in as natural as surrounding as possible and be raised to be family friendly. Only those cats awaiting vet testing for feline leukemia and Aids will remain in pens until receiving a clean bill of health and boosters.

Although Kinrik, is operated solely by Sally, volunteers will always be welcome as the workload may become heavy at times. Each cat will have its own food and water bowls as well as its own litter box for health reasons. Donations of basic supplies such as litter boxes, paper towels, old

blankets, pet baskets, carriers, cat toys or scratching posts would be gratefully accepted by Sally. For those wishing to make financial donations, Sally has set up a forensic account for Kinrik's expenses and stresses that all money raised will go directly for the cat's needs and not to cover facility expenses.

All of the cats will be available for adoption and Sally is hopeful that people will come and spend some time before deciding which one to take home. She will arrange flexible times and encourages adopters to take as long as they need to choose the cat that will best fit into their home. There will be an adoption fee, as she ensures that all cats have received their vaccinations and adoptive families will be strongly urged to spay or neuter their new pet.

Although a lot of the work has been done, Kinrik doesn't officially open until spring.

Sally doesn't begrudge the time, hard work or money that gone into making the Escarpment Cat Adoption Sanctuary a reality and says "this is who I am, this is what I'm about. If I can make a difference, I want to. It's not about profit, but about educating people to do the right thing. If we can influence that at all, that's a good thing."

"I want the kittens to have a good start. I love them all."

Lorraine Keech, owner of Milton's Recycled Reading and long time animal advocate encourages anyone able to, to donate their time pet supplies or make a financial donation if possible to Kinrik. Any donations can be dropped off at Recycled Reading or you can phone Sally Baxter at 905-693-0598 to find out more about Kinrik.

**Donna Danielli's**

*"Just Kidding Around"*

**Deep winter activities**

Long walks in the snow, picnics in front of the fireplace and watching the squirrels chase the birds away from my bird feeder so they can eat all the food. February is a serene sort month, unless you're a) a bird in my backyard or b) my husband, who is going nuts trying to keep the squirrels out of the bird feeder. For the rest us, it's the perfect time for introspection, to settle into a quasi-hibernation and contemplate - just when is Spring coming anyway? For those looking for things to do this month, some of the following might just tickle your fancy.

Do you have concerns about your five years or under child's sight, hearing, behaviour or development? The **DEIPP clinic** (Developmental Early Identification and Prevention Program) will be stopping in at Ebenezer Church, 12274 Guelph Line, Nassagaweya, from 9:15 to 11:15 a.m. on Tuesday, February 15. Call Kathy Percival at Milton Community Resource Centre, 905-876-1244. ext 12 if you need more information.

Also at Ebenezer Church, **Milton Community Resource Centre** holds a drop-in program every Tuesday morning from 9:15 to 11:15 a.m. All are welcome. Call 905-876-1244, ext 12 to find out more.

There will be a **P.A. Day swim** at Milton Leisure Centre on February 4 from 2:30 to 4 pm. As well at the Leisure Centre on February 4, kids 6 to 13 years of age are invited to join the P.A.

**Day Adventures Program** begins at 7:30 and runs until 5:30 for parents who need before and after school care and costs vary according to time. Call 905-878-7946 for information.

The Town of Milton has two new programs beginning this month at the Milton Leisure Centre. **Creative Cameras** is for 13 to 17 year olds and includes topics such as taking good photos, sports photography and special effects. Creative Cameras is Wednesdays from 5 to 6:30 p.m., February 2 to March 8 at a cost of \$40. **Junior Golf** is for 8 to 14 year olds and topics will include golf etiquette, basic rules, grip aim, set up and use of woods and irons. Cost is \$55 and this program runs Wednesdays 6 to 7 p.m., February 23 to March 29. For information on either of these programs, call 905-878-7946 or 878-7211, ext. 186.

Milton Public Library, 45 Bruce Street, Milton begins a new session of **Teddy Bear Time** on February 5, 10, 17, and 24th. This drop-in storytime for children aged three and up begins each of the scheduled nights at 6:45. More information is available by calling 875-2665.

February is **"I Love Books Month"** at both branches of the Halton Hills Public Libraries and each week special surprises will be given to children who visit the library. There will be a different surprise each week and you can ask for yours at the Information Desk in Georgetown or the Circulation Desk in Acton. As well, the Halton Hills Public Libraries will be holding their second **inter-locking brick contest**. Make your own creations, using small inter-locking blocks and bring them to the library on Thursday February 3 from 9:30 a.m. to 8:30 p.m. Anyone visiting the library on February 4th can vote for their favourite. This contest is open to school-aged children. Call 905-873-2681 ext 2515 (Georgetown) or 853-0301 (Acton) to find out more about any of the programs offered by Halton Hills Public Libraries.

Mountsberg Wildlife Centre once again hosts an **Owl Prowl** for kids on Saturday, February 5. Join staff for hooting, hiking, informative presentations (including live owls) and a puppet show. Cost is \$7.00/child and you can find out more by calling 905-854-2276 to pre-register.

That's about all I could dig up for this month. I hope you all have a great February and look for next month's *Just Kidding* which will include a look at family fun over the March Break. See you then.

### Milton Toy Show

The Second Annual Milton Toy Show is on February 27, 9:30 a.m. to 3:30 p.m. at Halton Grounds Care Equipment, 1589 Steeles Avenue East, Milton. Admission is a donation for the food bank. The show is open to all brands and dealers. Contact Lorne Weston at 905-878-2121.

**SCRIBBLES**

A creative, educational, "fun" program for children ages 2 1/2 to 5

For more information call (905) 878-4697

**kidz korer**

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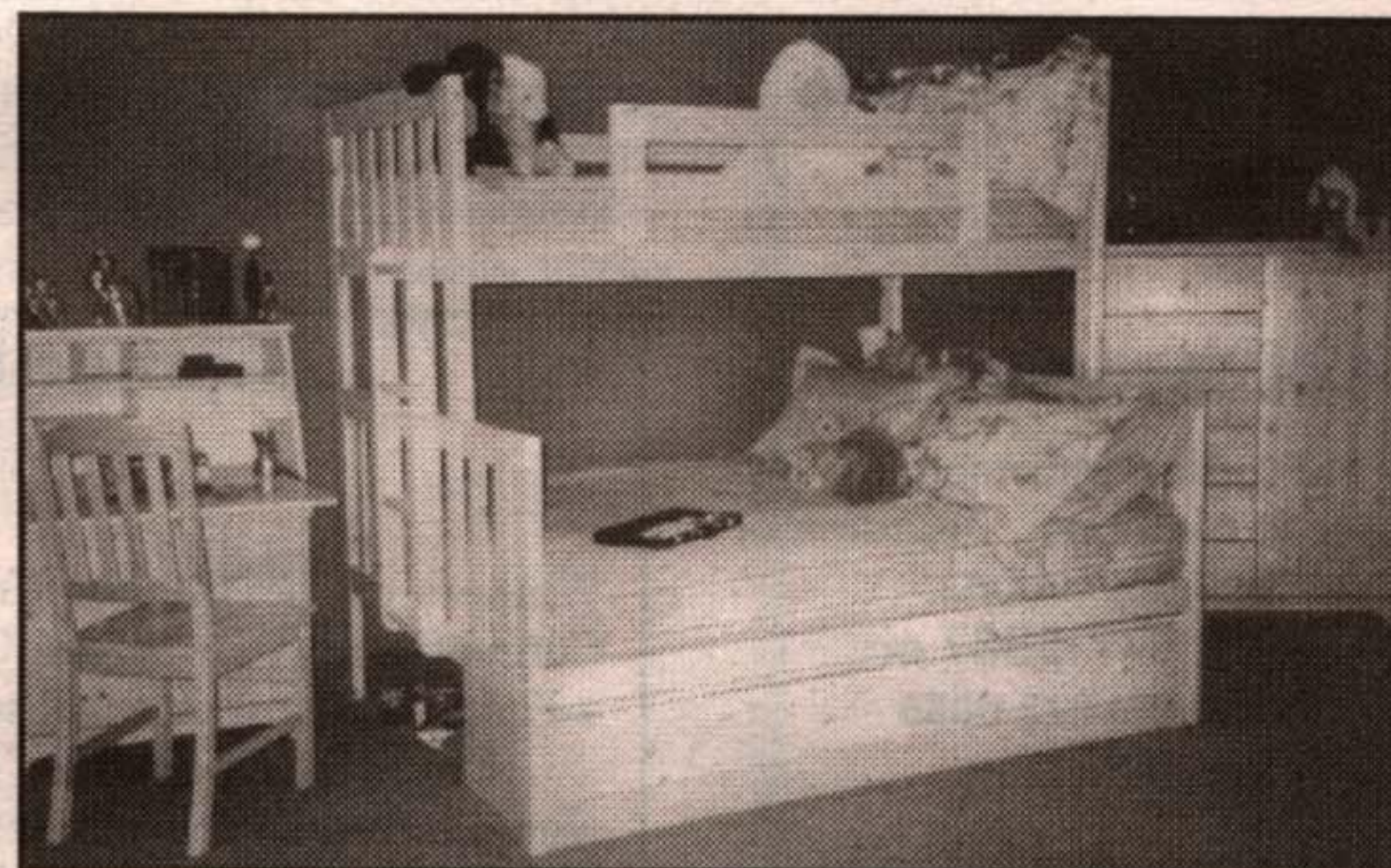
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