

## FROM COUNTRY KITCHENS

BY DEBORAH QUAILE  
ARTS EDITOR

Everyone loves home cooking, and a community cookbook is something special that ties a place together. What better way to celebrate good times than with friends and food?

The Norval Community Association celebrated their 25th anniversary in 1999, and decided that they should work together on a new project to celebrate their kinship.

"This was a millennium project for the village," states councillor Kathy Gastle. "The book has some historical information, lots of photos, and many old family recipes that have been handed down over the years."

The book is spiral bound and contains nearly 200 pages of recipes and photographs. Most of the photos are of old Norval homes, but there are quite a few included by local resident Mary Maxwell that show the village in days gone by. Norval was founded in 1820 by James McNab, who had moved from Vermont to Upper Canada before the War of 1812.

The village of Norval has a wonderful history of friendliness and hospitality, and have continued that with the sharing of some of the family recipes that residents have delighted in throughout the years.

The book is divided into 12 sections, covering everything from appetizers to meats, with desserts being the largest sec-

tion, probably because some of the best conversations come together over "tea and a slice."

There are many mouthwatering comfort foods, decadent desserts, and pantry staples, like pickles and sauces. Many of the vegetable dishes use old fashioned garden staples such as zucchini, potatoes, onions and asparagus.

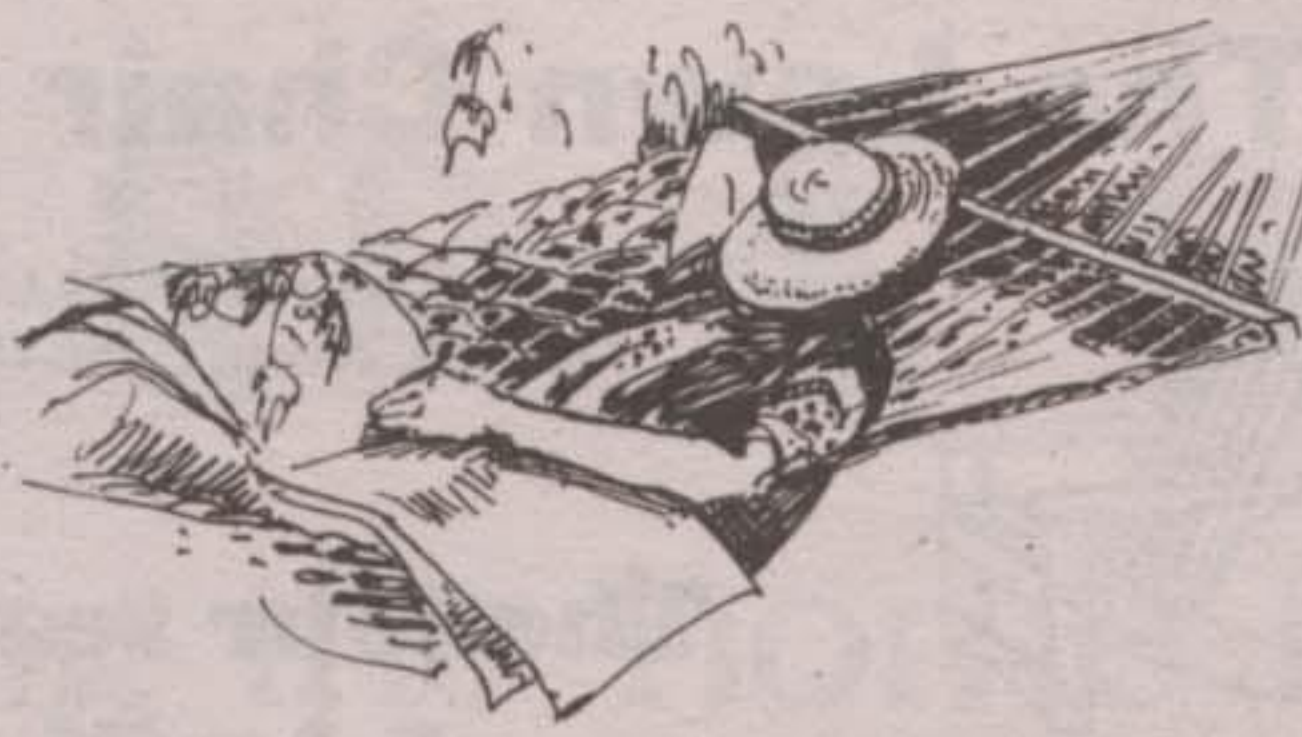
The group has also included some uniquely named recipes, such as Snow Muffins or Lady Ross Pickles. In tribute to Norval's famous former resident author L.M. Montgomery, Elsie Davidson of Uxbridge - Montgomery's maid - included a copy of "Aunt Annie's Lemon Pie." The recipe is reputed to be the author's favourite.

The Norval Community Association can be proud of their cookbook undertaking. Not only does the book gather people together in aid of a project, but it preserves many time-honoured formulas for great food!

NORVAL COUNTRY KITCHENS:  
FAVOURITE RECIPES  
NORVAL COMMUNITY  
ASSOCIATION, 1999  
AVAILABLE AT CRAWFORD'S AND  
CANOE COUNTRY, NORVAL FOR  
\$10



# Idle Pursuits



## NEW CD RELEASE: by faint degrees°

BY DEBORAH QUAILE  
ARTS EDITOR

Prepare to be enchanted: there's a new CD out by Glen Soderholm, who ministers to two local charges, St. David's in Campbellville and Nassagaweya Presbyterian in Brookville.

Entitled *by faint degrees°*, the music is on the whole gentle, but sometimes rocking with a sense of the 60's through some interesting electric guitar and organ. The name of Reverend Soderholm's CD is taken from a piece by George MacDonald, *Diary of an Old Soul*, wherein the author states:

"Creation thou dost work by faint degrees / By shade and shadow from unseen beginning..."

It's not difficult to grasp the sense of poetry in Soderholm's soul. His ten new songs are awash with emotion, leading us to grasp the beauty of life all around us, or to look within ourselves during periods of difficulty or trial. "The Crying Year" is one

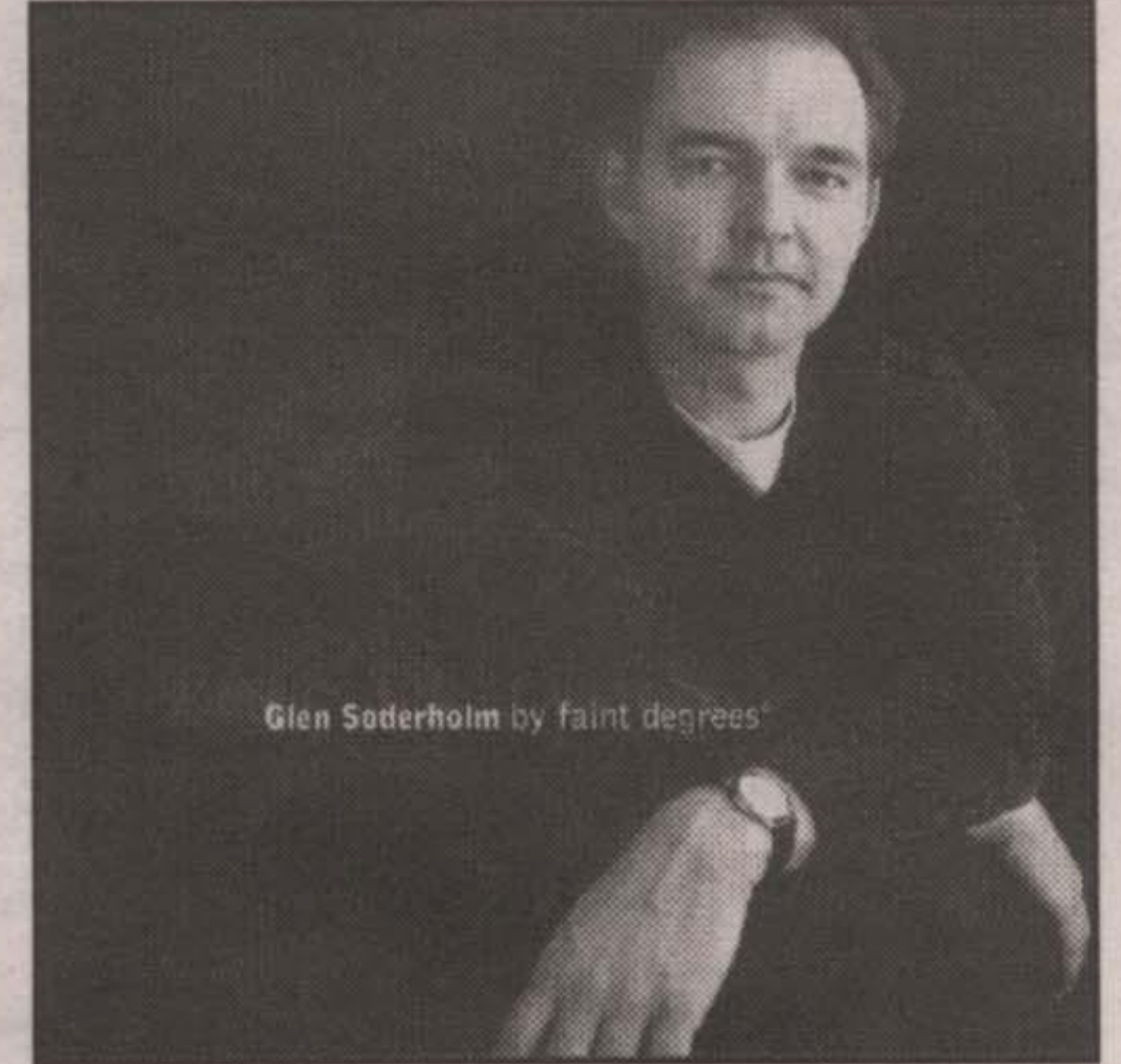
particular favourite; although the lyrics are soft and simple, the tune is delightful.

Most intriguing are the snippets of stories that Soderholm includes, detailing the thoughts behind and the origins of several tunes. "Wedding Day" was written after reflecting on two virgin martyrs, St. Agnes and St. Agatha, "who upon their journey to be burned at the stake for their beliefs, began to sing as if they were going to their wedding day," Soderholm relates.

"Nassagaweya" is his vision of the place he calls home on the Niagara Escarpment (the name being roughly translated as "land that divides the waters"). The song conjures up images of light, trembling leaves in woods, trickling waters, flights of birds - everything from wildflowers to wild snow-

storms. The listener feels his love for this magical escarpment.

*by faint degrees°* is available by order from Glen Soderholm's website [www.glensoderholm.com](http://www.glensoderholm.com) or write to P.O. Box 461, Campbellville, ON L0P 1B0. CD's are \$20.00 plus \$2.00 postage and handling, and cassettes are \$15.00 plus \$2.00 postage and handling.



Glen Soderholm by faint degrees°

## SPEEDSIDE FESTIVAL SEASON UNDERWAY

BY DEBORAH QUAILE  
ARTS EDITOR

Preparations are well underway for the 2000 season of The Speedside Festival. Concerts will take place October 19 to 22, with artists such as Martin Beaver and Paul

Rosenthal on violins, David Harding on viola, and Bryan Epperson, who plays cello.

Eight years ago, Artistic Director Simon Wynberg wanted to duplicate the success of his

chamber music festival in Blair Atholl, Scotland. He thought that regional audiences should not only have access to top Canadian and International musicians, but the performances should be true chamber concerts, experienced as intimate events where the audience has the opportunity to socialize with the artists.

This year's festival will again be held at Ebenezer United Church on Guelph Line, nine kms. north of the 401. Ebenezer's high vaulted and acoustically perfect ceiling is remarkably suited to the musical evenings. Speedside, a non profit event, functions entirely from ticket sales, sponsorships and committed volunteers, and continues to gain a reputation for imaginative programming and exceptional performers.

Mark you calendars for this wonderful four day weekend of music!

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## RAISE THE RAFTERS WITH SOME DOWN-EAST FUN

On Saturday, May 13 at 7:30 p.m. the Milton Choristers present a Maritime Pub Night at the Gambrel Barn at the Country Heritage Park (formerly The Farm Museum). Their final concert of the season promises to be a rousing, raise-the-rafters evening as the Choristers present down East favourites and welcome highland dancers and a live band. Finger foods and a cash bar will be available.

Tickets are: Adults \$15, Seniors \$13 and children 12 and under Free, but a children's ticket is required. As tickets at the door will be limited, purchase yours in advance at Peggy's, Delacourt's or by calling Robin at 905-876-3307.