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An Education Beyond Today

The new party of the millennium— 'Roll-Your-Own-Sushi'

Just the other night we had a family dinner to celebrate Gerry's birthday. Since I had recently learned how to roll sushi—we had a "Roll-Your-Own-Sushi Party".

The meal started off with miso soup. Miso is a paste made from fermented soybean. Sounds kind of yucky, but tastes great. The soup is simple and even easier to prepare if you buy it pre-made, but dried. All I had to do was throw it in the pot and add water.

Next, we had a simple salad with a miso dressing. Once again, I bought the dressing, didn't make it from scratch. The only mistake I made with the salad, was that I minced up some peppers and tomatoes quite fine to make the tops of the salads look pretty—but this was very difficult to eat with chopsticks. I should have made the pieces bigger.

For the main course, the guests sat around three sides of the table, so that the fourth side was available for sushi rolling. The sushi rice was prepared in advance, so a bowl of that was available. For fillings/toppings there was raw salmon, cooked shrimp, cooked crabmeat, avocado, cucumber, carrot, mango, alfalfa sprouts, red pepper, yellow pepper and toasted sesame seeds. All accompanied by wasabi and dipping sauce.

A couple of interesting things I learned at the class I attended helped with the meal. First, instead of using straight soya sauce for dipping, use one part water and dissolve a bit of sugar into it, then add one part soya sauce. This makes the dipping sauce less strong and salty, tasting. It also makes the sauce last longer. If you are

mixing the wasabi from a powder, then make sure it has the opportunity to rest for at least an half-hour.

The vegetables were all julienned; tails removed from the shrimp, salmon

skinned and sliced. Make sure if you are going to eat your fish raw, that you only buy and service it on the day that the store gets it in.

With a bowl of ice water for rinsing hands, bamboo mats, a sharp knife and the nori sheets—we were ready to go. I rolled the first couple of rolls (asking the guests what they wanted inside) to show them how it was done. Once they had seen a couple, each person took a couple of turns making their sushi—and everyone else got to taste.

Gerry said it was like the millennium version of a fondue party. There is lots of activity going on, the meal stretches out over a period of time and everyone eats little bits at a time. Great fun was had by all!

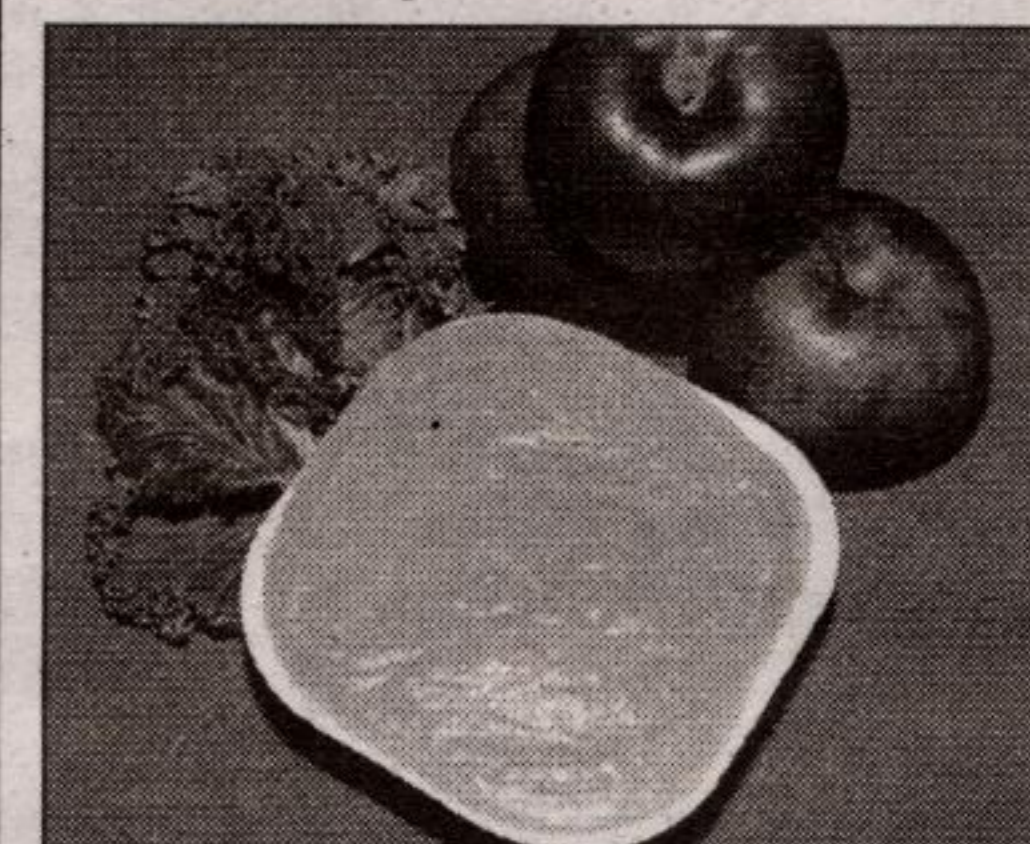
I think the only thing I would do differently next time is perhaps put

some kind of mat on the floor, underneath where the rolling will take place. The reason being that lots of rice wound up on the floor—and there is a reason they call it STICKY rice—once that stuff hardens, it's like concrete!

Have fun and keep cooking!

What's cookin'?

Lori and Gerry Kentner



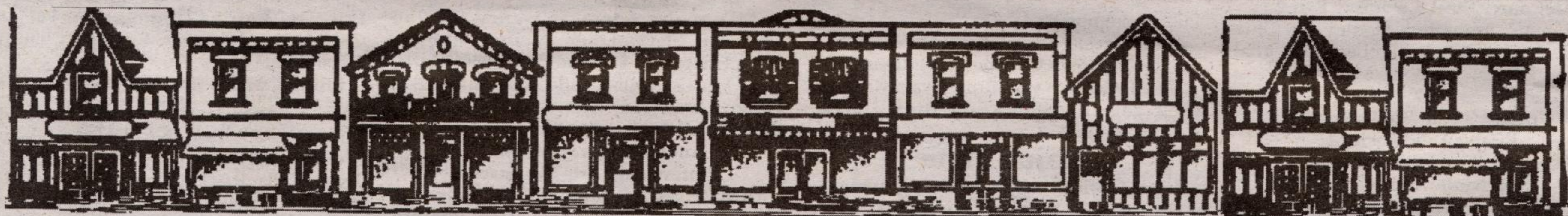
Rutabaga and Apple Casserole

Ingredients

- 2 cups rutabaga, julienned
- 2 medium apples, peeled and sliced
- 1 tsp salt
- dash pepper
- 1/2 cup brown sugar
- 1 1/2 tsp butter

Method

1. Combine rutabaga, apples, salt and pepper. Place in a greased casserole dish.
2. Sprinkle with brown sugar and dot with butter.
3. Bake, covered, at 350 F degrees for one hour.



ERIN VILLAGE IS OPEN FOR BUSINESS!

Experience the Charm!

It's safe to return - construction is OVER!!

We are thrilled to announce that the reconstruction of our Main Street is finally over, and all construction equipment has gone home! The businesses in the village of Erin have greatly missed your patronage. We invite you to return to shop at our downtown businesses, enjoy the new streetscape, and delight in a warm welcome from merchants eager to remind you of our small-town, rural charm! We have all sorts of businesses to service all your needs: from essential services (need the bank or a haircut?), to convenient grocery stores, to one-of-kind specialty stores for that special something for that special someone (maybe you?).

Please come back to see us!

Remind yourself why you always used to stop by Erin village...

MESSAGE FROM THE MAYOR

Banish the November Nasties! Beat the Christmas Rush!

Just for you, the Town of Erin has repaved their Main Street, and replaced much of their sidewalk. We've spruced up the place and now, after a long quiet summer, our merchants are full of energy and ready to go! Be the first to experience the warmth of our rural atmosphere and enjoy the rejuvenated looks of the downtown. Town Council and the merchants welcome you back to what always was known as "a little bit of heaven".

Rod Finnie, Mayor

Message brought to you by the Town of Erin, in co-operation with the Erin Village BIA