

Food is focus of four-day road trip

It all started with a pound cake. A few weeks ago on a Saturday, I made a lemon pound cake to serve for dinner that night with fruit salad and to take the rest on a picnic on Sunday.

We were going on a four-day trip to Prince Edward County (an island adventure just south west of Kingston, near Picton). This venture turned out to be a picnic lovers' delight, as we had six roadside picnics over the four days.

We began with a picnic lunch on Sunday by a museum near Brighton. We ate lobster, gazpacho salad, baby cucumbers and crusty rolls. Late afternoon, we enjoyed lemon pound cake, fresh peaches, a Scrabble game and a Tim Horton's coffee by a swing bridge one hour from Picton.

That evening, we checked into our resort close to the Sandbanks Provincial Park, swam in West Lake, had a lovely dinner at the resort and a stroll before retiring.

The next day, we stopped at the Black River Cheese Company where we bought some cheeses, then drove around for the morning. We stopped in mid-afternoon for a



What's cookin'?

Lori Gysel
Gerry Kentner

snack at the Lake on the Mountain Park, overlooking the Glenora Ferry—a spectacular view. We again brought out the Scrabble board, had some Black River cheese, fresh peaches and currant loaf with marzipan. We then drove around the provincial park, past many roadside markets and small vineyards and wineries, where we purchased a bottle for our cellar—well, one wine rack really!

There was a very neat sight at one of the wineries. The restaurant was in the center of the vineyard, near the lake, in a stone building with lots of windows, crisp white tablecloths and large sparkling wine glasses. And the kitchen was outside! Walls surrounded this open-air commercial kitchen with the chef at the grill, the prep person

preparing salads and the dishwasher doing what dishwashers do—with no roof! It all looked very French, although I have never been there, but I can imagine.

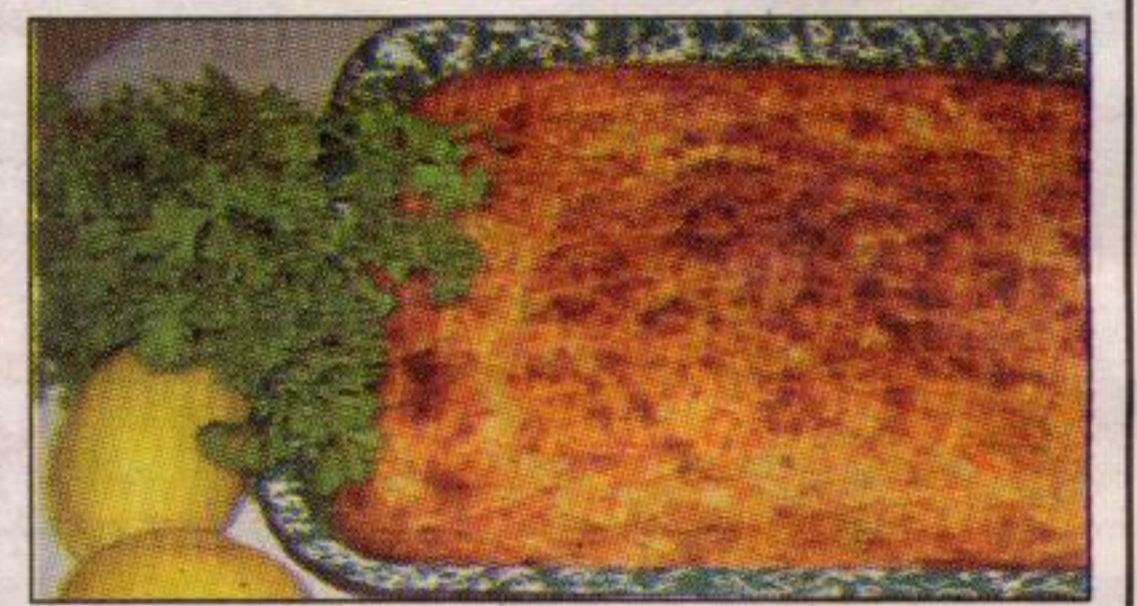
Stopping at several local roadside markets, we picked up some tomatoes, onions and cucumbers to have with the barbecue chicken and fresh bread from the local grocery store. This made for a tasty dinner with a beautiful sunset.

Morning arrived and we sat on the deck of our room to enjoy coffee, nectarines, pears, oranges and currant loaf for breakfast. After checking out, we arrived in Kingston in the late afternoon. Dinner was at an old, long-standing restaurant where we had eaten 30 years ago. Great memories and great food.

We headed for home on the fourth morning. We toured Frankfort on the Trent, had lunch in a diner at Campbellford and a tour of the town. A lazy drive accompanied by periodic market stops and the next thing you know we were home. It's a wonderful area. Do go sometime.

Have fun and keep cooking!

www.kentnerscatering.com



Salmon Pie

Ingredients

- 1 15 oz. can salmon drained
- 1 large onion, diced
- 4 eggs
- 2 tbsp butter
- 2 cups sour cream
- 1/4 tsp salt
- 1 1/2 cup shredded cheddar cheese
- 1 tsp fresh dill

Method

Combine all ingredients and pour into a 12"X10" casserole dish. Bake at 375 F degrees for 50-60 minutes. Cool 10 minutes before serving.

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(416) 930-1192

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World Teachers' Day, October 5, 2003.

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Al Bailey
Chair of the Board
Lou Piovesan
Director of Education




Ethel Gardiner
Chair of the Board
Dusty Papke
Director of Education



The Regional Municipality of Halton

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REQUEST FOR PROPOSAL

Bid documents for the services listed below, addressed to the Manager of Purchasing, 1151 BRONTE ROAD, OAKVILLE, ON L6M 3L1 will be received until 2:00 p.m. Oakville time on the specified closing date. Bid documents can be seen or obtained through the Purchasing Division of the Corporate Services Department, same address as above, telephone 905-825-6000, extension 7060. If long distance charges apply, dial toll free 1-866-4HALTON (1-866-442-5866).

Documents will be available for pick up on and after September 26, 2003, and there is a non-refundable deposit of \$26.75 (includes GST). Bidders who request documents to be shipped from the Purchasing Department must include a handling fee of \$10.70 (includes GST) for this service.

Under no circumstances will facsimile or late bids be accepted or considered. Lowest or any bid not necessarily accepted.

Halton Region relies on this advertisement to provide public notice of this business opportunity and is not obligated to notify any potential bidders in any other manner.

P-008-03
FOR RISK MANAGEMENT SERVICES AND INSURANCE COVERAGE
CLOSING: THURSDAY, OCTOBER 30, 2003

J. MacCaskill, CA
Commissioner of Corporate Services


A. Mindenhall, CPPO,
Manager of Purchasing Services

www.region.halton.on.ca/bids

Well Water Information Sessions - Oct. 9th and Oct. 16th

Halton Region's Health Department will be hosting two Well Water Information Sessions for residents who use private well water supplies. Designed to provide residents with an opportunity to learn about protecting their well water's safety and maintaining their well, the sessions will take place:

Thursday, Oct. 9th - Stewarttown Public School, Georgetown (15 Sideroad and Trafalgar Rd). Thursday, Oct. 16th - Campbellville Lions Hall, (Guelph Line and Campbell Ave). Drop in anytime between 3 and 9 p.m. For more information about Well Water Information Sessions or water quality/safety, please contact the Halton Region Health Department at 905-825-6000 ext. 7362. Toll Free 1-866-4HALTON (1-866-442-5866) TTY 905-827-9833. Visit our Web site www.region.halton.on.ca/health.



Brent Marshall
Brent Marshall
CAO
Halton Region

Halton Regional Meeting Schedule:

October 6, 1:00 p.m. - Starting a Small Business Info Session (registration required)
 October 8, 9:30 a.m. - Regional Council

1151 Bronte Road, Oakville, ON L6M 3L1
 905-825-6000 Toll free: 1-866-4HALTON (1-866-442-5866) TTY: 905-827-9833
 or visit us at: www.region.halton.on.ca