

Advertorial

Painting pictures in the Greenbelt

Whether it was the Group of Seven or contemporary painters like Jan Yates, Ontario nature has always been a popular muse for artists.

"Ontario is abundant in its colourful and diverse landscape and I'm compelled to translate its seasons onto canvas," said Yates. Her primary focus is on the Niagara Escarpment, part of Ontario's Greenbelt. "I'm not only inspired by the aesthetics of vineyards and orchards in bloom, but also interested in the determination and work involved in cultivating and harvesting them."

Yates deeply respects generations of farmers and wants her paintings to convey the significance of maintaining agricultural land on the Escarpment. "I hope to communicate my desire to protect the Escarpments' rural land as part of the Greenbelt, to preserve its fragility, strength and nourishment for generations to come."

The Greenbelt, 1.8 million acres surrounding the Golden Horseshoe, contains some of the best agricultural land in Canada and protects a diversity of wildlife and habitat.

Painting is just one way of capturing this beautiful, bountiful land. In hundreds of galleries and museums in Ontario, art is thriving in our Greenbelt communities.

From the Art Gallery of Peel and the Jordan Art Gallery to the McMichael Art Gallery, the Greenbelt is bursting with talent. Get out and enjoy winter and visit your local gallery.

CONTEST WINNER

Congrats to Georgina Laba, winner of the Greenbelt Winter Wonderland story contest. Prizes sponsored by Theatre Orangeville and Toronto and Region Conservation Authority. Visit www.OurGreenbelt.ca/stories to read the top three stories.



Lori shares some remedies for a bad cold

I'm with Ted. Last week *Independent & Free Press* columnist Ted Brown told us about the last straw for him in his relationship with our charming winter and I must say, although I tend to try and enjoy the winter months — now I've had it!

The last straw for me was a week or so ago when I'd been sick for about 10 days— five of them laid out flat with a high fever and a throat so raw that I could hardly breathe let alone talk. Anyhow, imagine, getting out of bed for the first time to head in to the office for a few hours and get some stuff sorted out and what do I get greeted by? A driveway to shovel and a car covered in ice. Nice! I'm not a go-into-debt kind of girl— but I'll tell you, I'm about an inch away from walking into the nearest travel agency and getting them to book me a flight somewhere— anywhere— as long as it's hot!

Whoever has been sick this winter, my sympathies. I don't normally get sick very often so this one really took me by surprise. Anyhow, having been sick in varying degrees for about two and a half weeks now, I am an expert on home remedies because everyone has told me theirs. I thought I'd share them with you, since most of them relate to food.

1. Number one remedy— homemade ginger honey tea. Put several slices of fresh ginger root into a pot with cold water. Bring to a boil and allow to steep for a bit. Add some honey and drink while hot. I don't think this cured anything, but it was very soothing. Don't let it steep too long or the ginger causes it to become quite spicy and it hurts instead of soothes.

2. Vitamin C— 500 g, two times per day. This is what I was told by a friend; it is NOT what the bottle says. I don't know if this one has helped or not, but I've been taking it, figuring it can't hurt.

Lori Gysel & Gerry Kentner



3. Popsicles— brilliant!
4. Flat gingerale— I think this one is intended for people who feel sick to their stomach. It didn't do me any good with a cold.
5. Vick's Vapour Rub on the chest— this feels good and seems to relieve some congestion.
6. Vick's Vapour Rub on the neck— not so good, it burns and feels sticky and not nice.
7. Vick's Vapour Rub on the bottoms of your feet, then put on wool socks, then go to

bed— you have got to be kidding me; I would suffocate and not be able to sleep! A person has to have their feet free!

8. Continue to eat healthy: fruits, vegetables, etc.— this is probably very good advice, but I wasn't very hungry and there is no way that I am going to be this sick and not get some popsicles and ice cream!

Anyhow, this week's recipe is sugar cookies. This versatile little recipe can be used for all the major holidays and is a ton of fun for the kids. For some cookies you may want to colour the dough— if so, then put in a couple of drops of food colouring at the stage where the butter and sugar are getting creamed together as this will give you better colouring results than trying to add it once the dough is complete. The colours will fade a little in the oven, so colour up the dough a bit brighter than normal.

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Sugar Cookies

Ingredients

- 1 cup unsalted butter
- 1 cup sugar
- 1 egg
- 1 tsp vanilla
- 2 cups all purpose flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda



Method

1. Cream butter and sugar together.
2. Beat in egg and vanilla.
3. In a separate bowl, mix flour, soda and baking powder together.

4. Gently blend dry ingredients into the butter mixture.

5. If dough is a bit soft, then refrigerate for 1 hour before rolling.

6. Roll dough one quarter inch thick.

7. Cut with your favourite cookie cutters.

8. Decorate with sprinkles or coloured sugar.

9. Lay on baking sheet one inch apart.

10. Bake in a preheated 325 degree oven for 5-8 minutes. Once lightly browned around edges, remove from oven. Allow to cool on pan for one or two minutes, then remove to wire rack to cool completely.



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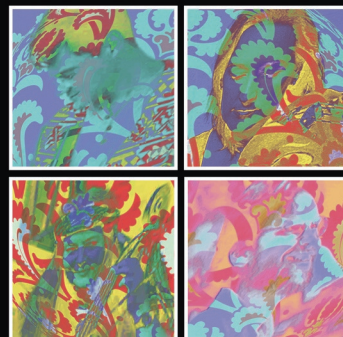
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