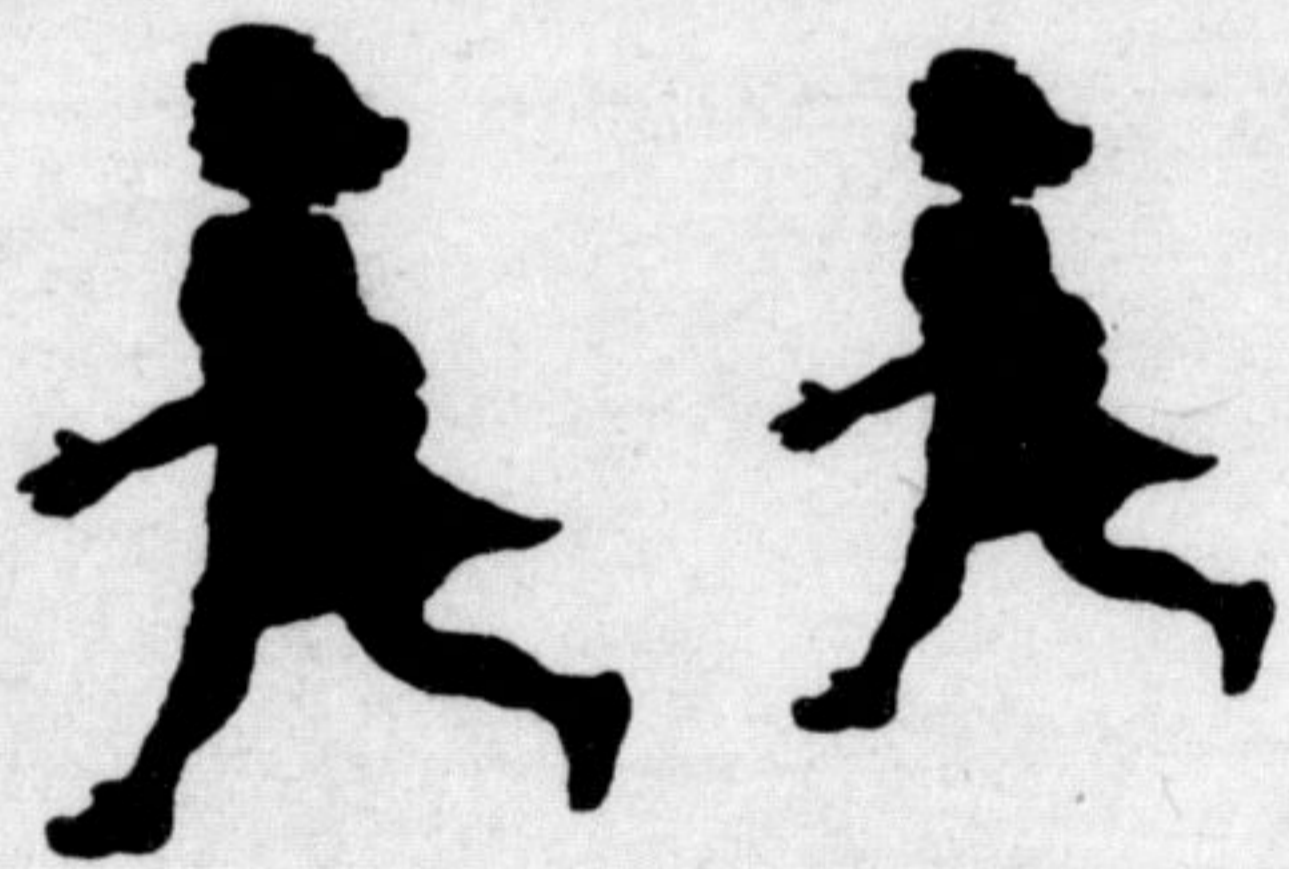


For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



**WALK FOR
RESEARCH**

The Annual Walk for Schizophrenia Research takes place this weekend. Help support research to find the cause and a cure for schizophrenia.

Sunday, October 3, 1999
Starting at 1:00 pm
At the Royal Canadian Legion
136 Church Street, Oakville
Refreshments will be available after the walk at the Legion.

For more information please call
Bill at 905-681-1883
or Bob at 905-842-2376

“For goodness sake”
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The Canadian Champion

Doing what feels right is the only rule of Chamberlain's art therapy



Photo by GRAHAM PAINE

Painting has always helped artist Shar Chamberlain cope with pain.

By IRENE GENTLE
The Champion

Every second Wednesday, a group of near strangers shyly join hands and form a circle.

One by one they introduce themselves, at the request of the teacher with the delicate frame and flowing red-gold hair.

Hovering curiously around the perimeter are those not yet ready to join the circle.

And that is okay, too, because in Shar Chamberlain's art therapy class, doing what feels right is the only rule.

Classes are held every second Wednesday at the Naturally Be Wellness Centre in Campbellville.

The next class is scheduled for October 13.

Participants are welcome to come just once, or as many times as they like.

The idea is to find healing through movement, music, visualization, nature and art.

The class is offered because everybody hurts.

But they don't have to make a life's work of it.

“I feel mostly people want to heal,” said Ms Chamberlain, sipping water with lemon from a deck overlooking Mill Pond.



“This will work for you if you work it. If you allow it.”

The aim is to bring light and joy back into life by throwing out rules and inhibitions.

“We are educated right from kindergarten,” said Ms Chamberlain. “Already society has set certain rules.”

And no one has to be an artist to join in.

Instead Ms Chamberlain's classes can be filled with people who feel that stick figures are a challenge.

Which is fine, since creating a masterpiece isn't the point.

Think of a child who doesn't mind slapping gobs of paint on paper, no matter what the result is.

“Kids don't care if they are better. It is about playing,” said Ms Chamberlain. “You can stick your foot in the paint if you want to.”

Born and raised in the Toronto area, Ms Chamberlain is an astonishingly versatile artist who has had shows halfway around the globe.

Her paintings are somber and majestic or achingly serene by turns.

Still others are bold and vibrant, pulsing with life.

But these are not art lessons she is teaching at the Wellness Centre. They are life lessons.

And though the classes are spontaneous and light, tears have been known to flow like the Mississippi River.

• see ART on page 12

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**ADVERTISEMENT
CHRISTMAS WINE AND BEER**

Here's an e-mail question I received from a customer.

“I followed your advice and started my wines a season ahead. Now I'm getting my port, sherry, muscat canelli, and ice wine under way for the holidays. Everything looks good but I don't often drink these wines. What do I serve them with? What temperature do I serve them at? When should I serve them? Help!

To fully experience the flavours, serve port at room temperature; while a little cooler is OK, cold is definitely not. The French drink it before a meal as an aperitif while the English take it after a meal or in the evening. Port is traditionally served with strong cheeses and nuts; toasted walnuts and stilton being classic - cigars optional.

Serve sherry with meals, or before as an aperitif, also, at room temperature. For a nice luncheon or tea, sherry goes well with crisp almonds, rich olives, and assorted dry cheeses; try it with some good asiago or romano.

Muscat canelli is a complex wine with hints of honey-suckle and flora aromas. Not as sweet as ice wine, it makes an excellent sipper served alone or with fresh fruit desserts or firm cheeses.

Ice wine is best served chilled (but not icy, which can numb the aromas) and is perfect served as dessert, as well as with, but it does go wonderfully with creme caramel, shortbread and tropical fruits.

Now that I'm hungry . . .

Remember that there is still time to get your holiday wine or beer started. The sooner you do it the better it will be for the holidays.

If you have anything you would like to see in this article call or email me at goertzen@globalserve.net & watch for my next column appearing Oct. 15.



Darren Goertzen



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