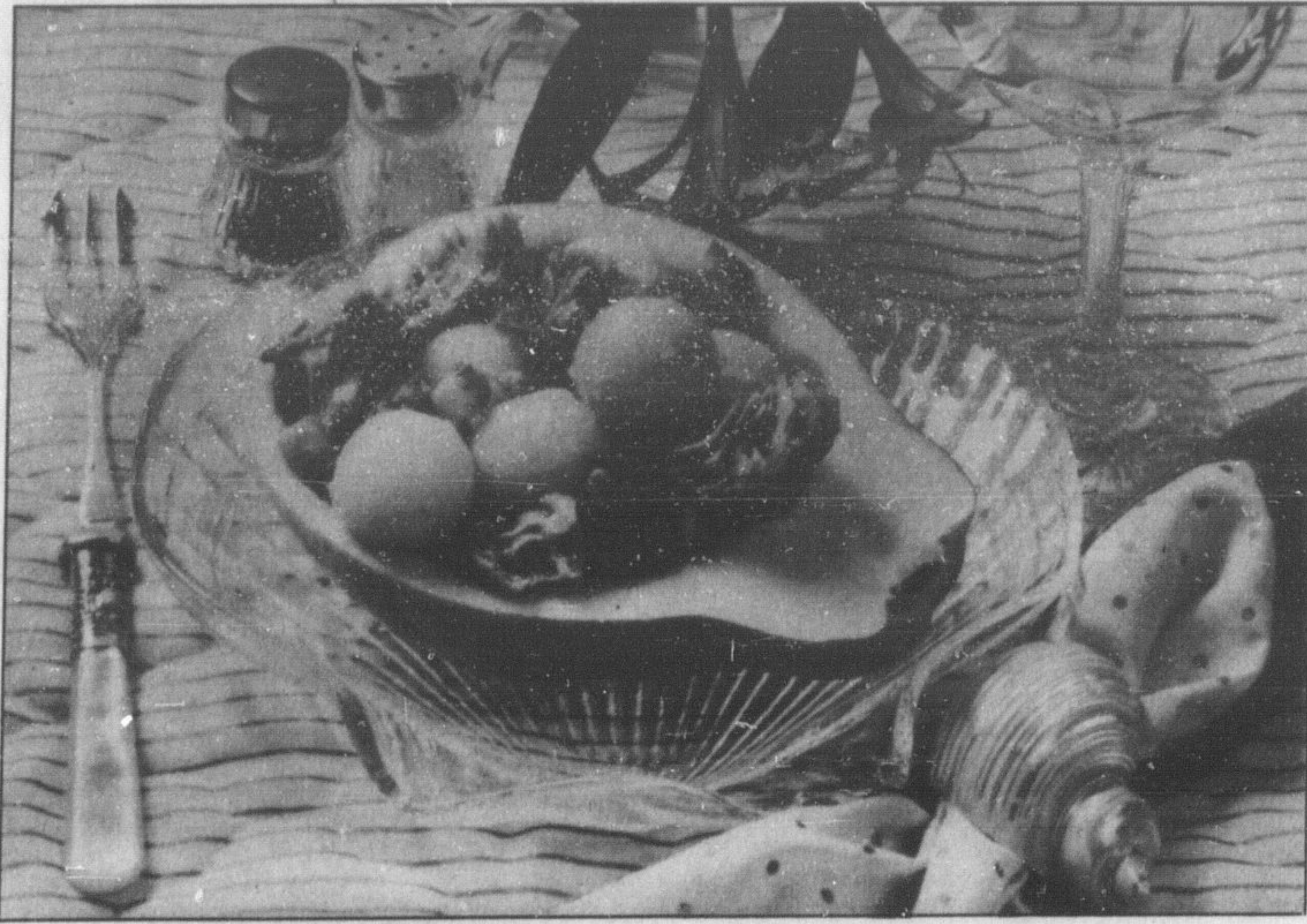


Recipes



Sail away with this Salmon Papaya Boat

You may never get over the suggestion of combining papaya and salmon until you try it. Once you have, it will be love at first bite.

Light meals are what cooks are looking for when warm weather begins to be the norm. No one likes cooking over a hot stove when the sun is shining outside, so don't bother.

A can of salmon, some papaya, celery and

chopped nuts are all the ingredients needed to make a satisfying and nutritious light meal. Drizzle the bitter sweet dressing over the final product and enjoy.

2 ripe papayas
2 cans (7 1/2 oz. each) Pacific Salmon OR 1 can (15 1/2 oz.)
1/2 cup chopped celery
1/2 cup chopped pecans
OR almonds
Have papayas length-

wise and seed. Using the small end of a melon baller remove pulp from papaya leaving shells firm enough to hold their shape. Drain salmon, reserving juices to use in dressing (see below) and chunk. Gently combine with papaya, celery and nuts. Spoon mixture into shells; refrigerate to chill well. Serve with Honey-Lemon Dressing, crisp rolls and choice of beverage.

Note: Papaya pulp may be scooped out with kitchen spoon and diced if preferred.

Honey-Lemon Dressing
1/2 cup mayonnaise
1 tablespoon honey
1 tablespoon lemon juice

Reserved salmon juices
Combine first three ingredients. Thin mixture to pouring consistency with reserved salmon juices.

Hooked at Rattlesnake, now instructor

Mississauga high school teacher Mac Hickox is on a high these days—a Rocky Mountain high.

Mr. Hickox has been on such a high, he's decided to share his experiences. Mr. Hickox will conduct rock climbing clinics tomorrow with the Ontario Rock Climbing Association.

After a theory session at Port Credit, it's on to Rattlesnake Point in Milton for four weekends. The course costs \$65. "A friend of mine took me out once and I was hooked," said Hickox. "I was a student myself and I followed it

until I was certified last Fall.

"I've been doing it for four years now. "There's a satisfaction in a sense when you reach a point in the climb and your palms literally perspire, your heart goes crazy and you realize in your mind that you can fall.

"I begin to wonder what I'm doing here. "I like to handle the pressure of the situation and deal with it and the physical challenge."

Mr. Hickox insists that despite the fear of falling, it's all in the mind. "There's a risk factor to it, but it's a very safe sport," he said. "The risk occurs when the individuals don't follow the safety procedures. "Rock climbing is safe, rock climbers are not."

According to Mr. Hickox, the difference between mountain climbing and rock climbing is the time and size of the encounter. "Rock climbing is on a vertical face, much like a cliff, while mountain climbing is a much longer process," said Mr. Hickox.

"You travel along a path for a while, then you reach some moderately difficult parts and extra difficult parts. You also encounter snow."

Mr. Hickox adds people most interested in taking the clinics are usually over 18 and in their 20s or 30s with a sense of adventure.

Each climber is supported by rope. The climbs never exceed 100 feet. He adds, "we always go to recognized climbing areas with no vegetation or loose rock. It's all solid stuff."

There's no need to get out the climbing boots, pick axes and pitons.

"All you need are running shoes for that type of rock, sweat pants, and dress according to the weather," said Mr. Hickox.

"The fitness requirement is of the minimum standard," he said.

"But you have to have a certain level of fitness to go along. "If you were gasping, you couldn't handle it and you would be turned off."

During the weekend expedition, the lead climber anchors the rope to a tree on top and sends both ends to the bottom. The climber attaches himself to one end of the rope, while the other end is fastened to a belayer to form a pulley effect.

If by chance a climber loses his or her footing, the fall is a maximum of a foot.

If a student wants to continue his or her efforts to reach the goal of climbing Mount Everest, intermediate and instructors courses are also available.

Between the Willows Island of trees

By Don Byers

The day I travelled to Victoria, first time ever, I bused to downtown Vancouver and walked a few blocks to the terminal. Arriving about five minutes before departure time, I bought a return fare and wandered out to loading platform 15.

After a brief visit, we were wending our way through the city core. Tall buildings soon behind us, the bus, heading south, was passing through attractive residential areas I had never seen before.

Some time later, these gave way to soggy, flat fields, as we now sped along a busy freeway.

To me it seemed an interminable time before the vast parking lots of the ferry dock hove into view. They were packed with long lines of trucks, campers and cars, all positioned with great precision.

Taking its special lane, our bus rolled past the large, stationary parade, coming to a stop at its head.

As we sat there, waiting to drive aboard, our driver explained the routine, once the bus was inside the huge ferry. As he spoke, traffic was zapping out of the giant maw, headed for the highway we had just left.

When the last had gone, it was our turn to load. Last minute instructions, then off the bus and up the midship stairs to the Promenade Deck. There, a long line had already begun to form, leading to the cafeteria.

Whenever possible I avoid lineups, and this was no exception. I climbed another flight of stairs to the Sunshine Deck.

Outside, I headed towards the bow. In the distance, shrouded in dark clouds, were the Gulf Islands through which we would be sailing.

The vibrating surge of powerful engines signalled we were moving out. I parked my butt on a lifejacket storage cabinet and lit a cigarette.

As we left the mainland behind, the cool wind picked up, and I was glad son Rick had loaned me his leather topcoat.

I had this part of the deck to myself until it was invaded by a school class of boisterous, teenage boys, unsuccessfully herded by a harassed teacher. Fortunately, their stay was short. Soon,

they were off and running towards the stern.

After awhile, feeling the chill, I sought out the main lounge. This huge room was comfortable seats, arranged as in a theatre. Where the screen would have normally been, large windows were now filled with the panorama of the islands, directly ahead.

As the ship drew closer, and began to thread its way through the channels, the treed highlands, scattered with cottages, here and there, reminded me of Muskoka country. Even under the scowling skies, the view was breathtaking.

Upon arrival at the ferry terminal, our bus was the first vehicle to drive off. The trip to Victoria was uneventful, except when we got to the city, the bus zapped right by the Red Lion Inn, where I had a reservation. It cost me a \$5 cab ride to get back.

Undaunted by this shaky beginning, I checked into the hotel, only to find the lock on my room door refused to cooperate with the key. A friendly repairman was summoned and soon had it right.

My first phone call, to arrange appointments the following day, was to Mel Cooper, president and general manager of radio station C-FAX in Victoria. I called this extremely busy man right out of the blue. Despite this, he graciously juggled his schedule for the morning to fit me in.

I made several calls, then wandered into the bar for a pre-dinner beer.

On the bleary tube were a series of short stories—subject: horror. I sat between two men who, from time to time, would comment upon the action on the TV screen. I joined in, and soon we had our own show going. It was a friendly uptempo group.

This was followed by dinner in the dining room, and early to bed.

The meeting with Mel, in the morning, was more successful than I'd hoped to. He was warm, friendly and most helpful.

The trip back to Vancouver was by now routine—except for the brief encounter with the "ladies of the street" as I walked past the St. Regis Hotel. More about that another time.

Join Agricultural Hall of Fame

The Ontario Agricultural Hall of Fame will soon have eight new members.

The Hall of Fame Gallery at the Ontario Agricultural Museum, in Milton, will honor these outstanding agriculturalists on June 7.

"Each of these candidates set high goals and in his or her own way influenced the direction and strength of Ontario agriculture," said Dr. R.J. McDonald, President of the Hall of Fame Association.

The new members, all of whom are now deceased, are: Delmer Bennett, a Forrester Falls dairy farmer, an active organizer of the Ontario Farmers Union and later the Ontario Federation of Agriculture; James Bowman, Guelph, a pioneer breeder of purebred livestock; Fred Bray, St. Catharines, one of the founders of the Canadian Poultry Council and a well-known poultry breeder; and Jack Fraser, Brampton, a former president of the Holstein-Friesian Ass-

ociation of Canada and the Canadian National Exhibition.

Other new members are: Mrs. Adelaide Hoodless, who devoted her life to a crusade for improved food handling and home economics education and who was a co-founder of the Women's Institute of Ontario; David Allenson Jones, a Beeton beekeeper who founded the Ontario Beekeepers' Association;

Daniel Massey, who founded what is now Massey-Ferguson Co. Ltd.; and Rev. William (Padre) Young of Fergus, who served 20 years as Chaplain of the Ontario Agricultural College and was active in the Junior Farmers' movement.

Portraits of these members and plaques describing their contributions will be displayed in the Hall of Fame Gallery.

They join the nine agriculturalists who were honored last year when the gallery opened.

The gallery and the agricultural museum are open daily from 10 a.m. to 5 p.m. from mid-May to Thanksgiving.

Nominations for the 1982 Hall of Fame candidates are now being accepted by the Hall of Fame Association. The nomination deadline is September 1.

Special ed. cost mystery

The cost of implementing the province's plan for special education may run to \$116-million for the first four years in Halton.

Special education, under Bill 82, is open to every pupil. It is to match the needs and abilities of each pupil.

School boards previously could turn away children with physical or

learning handicaps. Early estimates of what the new program would cost Halton taxpayers were placed at \$75-million. However, the board has no new estimates.

Halton superintendent of special education Ron Chapman said Thursday that special education "will far exceed the thus designated \$75-million".



ANNUAL SPRING CLEAN-UP THIS YEAR ON FRIDAY

South of Main St. — Friday, May 29

- The collection is for large unwanted items which could not normally be taken on a garbage collection.
- All items must be at curbside at 7:30 a.m. to ensure pick-up. Routes will be travelled ONCE only.
- Please place smaller items in a suitable container.
- Brush and Shrubs should be securely tied in bundles not over 5 feet long and weighing not over 50 pounds.
- OLD CARS — The Town does not remove old vehicles or parts. Please contact a local auto wrecker for disposal.

PLEASE NOTE: This pick-up only includes the usual urban garbage collection area within the Town of Milton.

Your co-operation in making this program a success will be appreciated.

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As part of BILD (Board of Industrial Leadership and Development), the Ontario Youth Secretariat and the Ontario Manpower Commission have created a program to encourage a community response to the special problems of unemployed youth. The Ontario Youth Secretariat will match local monies in support of a counselling service - up to \$60,000 per year.

Are you interested? Would you like more information? Mail the coupon below for a brochure that will fully explain the program and qualifications.

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