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### South Bay U.C.W. - Continued from page 3

UCW is donating \$50.00 to this cause. The UCW is presenting \$3,000 to the church treasury. Our group of ladies are catering the supper for the Kwanis on Mon, Oct 29. Sandra capably presented Joyce's program in her absence - Now where? Alice tickled our ladies brains with some challenging contests to close out the meeting. Hostesses Maureen Rudd and Marg Crouse were thanked by Karen Guernsey for the lunch of homemade goodies.

### Poetry of Food - Continued from page 4

today. Sauerkraut is easy to make; I have taught my method to hundreds of people. It is eaten raw, so as not to destroy the abundance of friendly bacteria and vitamins. All that is needed is fresh juicy cabbage, a bit of salt, a pestle and a jar. I enjoy about two tablespoons with my dinner.

If we want to be well nourished, we need to eat what I call "real food." We all know what that is. During the summer, real food is fresh from the garden or the organic farmer's market. It is grown locally and is free of treatments used for foods shipped from far away. Our Canadian winters present challenges, but during this time, real food can come from cold frames and greenhouses, or be preserved by techniques that maintain and enhance ease of digestion, nutrients and pleasing flavour. I have been able to freeze locally grown strawberries, raspberries and blueberries. It is such a satisfying feeling that seems to settle in the body and the bones.

There is a reawakening interest in reconnecting with old-fashioned methods of food preparation. Such a fortunate development—because these traditional methods are superior in every way!

- Erika Wolff  
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### Fish Guts - Continued from page 5

education and hard work I have become a human burying beetle. How discouraging.

- George Underhill

## Galloping Goat Gallery



**OPEN**

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*(raindate Oct 12 th)*

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