

What to do? Running away will not solve the problem because sooner or later the elephant in the room will again seek us out. The power to resolve our fears and challenges almost always lies in our own hands. The issue is how to find the courage to confront them and take action. Belief in a higher power, prayer and meditation are all ways in which we can try to fortify ourselves. For those who do not acknowledge or have not yet discovered these gifts of life, other ways to find assistance must be sought out.

In our Canada of 2010 there are many sources of help to be accessed if you have the knowledge, experience and training for the task. Unfortunately it is often the most vulnerable in our communities who face the biggest giants in their lives and they fall through the 'cracks' of the often fragile safety net that is part of

our social and health network. That is why we need each other; that is why we need a community that works; bearing in mind that "community" means a group of people living in the same area under the same local government interacting with each other..... to which I would add: FOR THE MUTUAL BENEFIT OF EACH OTHER AND OF THE WHOLE.

Are you a David, a Goliath or a foot-soldier standing on high ground looking for an opportunity to serve using your unique skills and experience? Only you know the answer to that!

Pastor Ian.

Vicki's Veggies

Vicki's Veggies will soon have the long awaited heirloom tomatoes that everyone craves....If you are a Tomato Lover. We will be hosting our 8th Annual Heirloom Tomato Tasting on the Labour Day Weekend again this year. Sat & Sun Sept 4th & 5th from 10-4pm. Everyone is Welcome. We will be having a pre Tomato Tasting the weekend before at the Brickworks Market in Toronto. Sat Aug.28th from 8-1pm.

PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



Bread Salad

Cut Stale bread into small squares and brush with garlic and olive oil.

Bake for 8-10 mins. (croutons)

Cut 3 or 4 lbs of all shapes, sizes and colour heirloom tomatoes.

1 red onion

1/4lb of Mozzarella cheese in small chunks, or use Bocconcini

12 olives (pitted)

Lots of fresh basil.

Put all in one big bowl and add the croutons...then the dressing.

Basil Vinaigrette - make in food processor.

2 garlic cloves, 1 1/2 tbl dijon mustard. 2 tbl honey,

1/4 cup red wine vinegar, 1tbl balsamic vinegar, lots of basil leaves.

1 cup olive oil, salt & pepper.

Mix up and pour over everything and let sit for 15 min and serve. We wait for this dish from the time tomatoes end until the time they begin each year.