



The Tribune



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Editorial

Carnivals are for fun not problem solving

The federal government is spending 4.5 million dollars celebrating Canada Day, 1978. This gives the citizens a reasonable excuse to celebrate together and generally have a good time.

We are all in favour of parties and celebrations, but unfortunately, the stark reality is that we as a nation are in severe jeopardy. Never in our history have so many people been without means to provide their

own livelihood and achieve their goals and dreams, leading to mass dissatisfaction and a lack of confidence in our institutions and leadership.

These institutions and leadership have traditionally stood for the status quo, opting for little or no change and often demonstrating a total ineptness in dealing with even the simplest problems.

In our 111 year history, Canada, the nation with the second largest land mass in the world, an abundance of natural resources, a highly educated people and a solid technological base, finds itself not in control of its own destiny. We at this time are being asked to purchase jobs from the Ford company and endure acidic rains from the Muskokas, and, of course, not to complain.

The carnival in the park this weekend will certainly be a lot of fun but unfortunately it does remind us of the circus this nation is becoming.

We are asking you to remember that it is you, the taxpayer and consumer who is being taken for the ride.

30 years ago this week

Horse aged 33 years dies

Our Green River correspondent reports that a horse on the farm of Fred Byers in South Pickering Township died last week after reaching the great age of 33 years. Probably this constitutes something of a record in the horse world.

Editor's mail

Principal is overwhelmed

Dear John:

The events of the past two weeks have been overwhelming. Appreciation Day, the best wishes of so many students, colleagues and friends, and the remembrance in the form of a school award, have been deeply appreciated. It has been a time of much remembering — really 24 years of excellent memories.

To all those who participated in the events I wish to say thank you most sincerely. Your kindness and thoughtfulness will not be forgotten by my family or me. It is this attitude of knowing and caring that seems to

symbolize a spirit within Whitchurch — Stouffville. In some form it seems to touch all those who become part of the town.

May I thank The Tribune staff for the excellent coverage they have given Orchard Park School during the past years. Your interest in and appreciation of the work of the students and staff have done much to provide a positive image for our school. It is my hope that you will continue with this support in the coming years.

Sincerely,
W. KEITH
SUTHERLAND.

English speakers are overwhelmed

Dear Sir:

At the recent graduation ceremonies of an east Toronto community college, by an actual count of the first 317 names of the graduates on the program, 171 surnames were foreign and 146 were English. Afterwards, on the campus and refreshment area, the languages of Africa, Asia and Europe predominated as the graduates and their friends resorted to their mother tongues, and we English speakers were overwhelmed by their majority.

The beatings of the Canadian French and

their local collaborators about their language being threatened by the Canadian English is unrealistic nonsense. If it wasn't for the fact that two hundred million Americans to the south of us use the English language for communication and thus keep English viable, we English speaking Canadians in Ontario would be swamped by every foreign language and culture crowding into our province from the four corners of the earth.

Yours sincerely
John Livingston
R.R. 1, Locust Hill

Kids' corner

Stuff and nonsense

Mushrooms are usually thought of as fragile little organisms that grow quietly in the dark. But June Vliek of Main St. knows better. Recently she discovered that no less than five of the fungi were pushing right through the four inches of solid asphalt covering her driveway. Another mushroom

was even more ambitious. Not content with cracking asphalt, it wedged itself against the house and started pushing the siding away from Mrs. Vliek's home. After digging up the pesky earth fruit Mrs. Vliek was heard to say, "If you look out some

By Annegret Lamure

morning and see my house about two feet off the ground, you'll know we're sitting on a giant mushroom."

I love horses

I love horses very much. One thing I love to do to them is TOUCH TOUCH TOUCH.

I could play with one all day & really I think it sure does PAY!

By Lisa Heenan
St. Mark's School
Grade 6

Wacky words

While Wiggley Winston's winking willfully, Wilma whispers whinily, "Winsome Willy whistles willow whistles while Winston whets whistles with whiskey willynilly."

Jumbled joke

What did the red apple do when he felt sick? For the answer, unjumble these letters and put them in the proper order.

eh —
netrud —
grih —
regne —

NEWS ITEM: Excavation of 400-year-old Huron burial ground and village continues this summer in Pickering. But what if...



"It's amazing what we can learn about the early settlers from these old Christian burial grounds."

Good old Golden Rule days?



By John Montgomery

Last week, for the second time in three years, I attended the Orchard Park school awards ceremony.

It amazes me that the public school children today seem so little like the public school children I suffered through my formative years with.

I must admit we never had any big graduation ceremony so I never saw my schoolmates in exactly those circumstances but even allowing for that they still seemed remarkably different.

Mostly I remember a lot of cumbersome whitewall haircuts (circa 1960), giving way slowly to greaser styles, awkward unattractive clothing, mis-shapen bodies and some of the most vindictive personalities this side of Queen's Park.

The kids at Orchard Park looked so sweet and as graceful and self-possessed as if they had been born stylishly outfitted in long dresses and shirts and ties.

I remember cowlicks, acne and corduroys (which, when you come to think of it, really says everything about grade school).

Trophies were few and very cheap while today the schools hand out a ton of glittering hardware.

Our grade eight graduation exercise consisted of an afternoon assembly and then a sort of picnic where a few games were played and then we all tucked into some Kentucky fried that had been ordered in.

This was followed, I believe, by a dance, of sorts in the open central hallway of Macdonald Consolidated P.S., a three-story fortress. Naturally, I didn't participate.

Of course just as amazing as the difference in the students is the apparent change in the teaching staff. I was taught mostly by

relics who vividly remembered the opening of the school — back in 1914.

They doddered toward retirement, doing their authoritarian best to keep us youngsters firmly under the thumb.

The principal, a gangly old turkey who with a severe nervous disorder looked like a not very successful reincarnation of Ichabod Crane, complete with St. Vitus Dance, used to issue dire warnings that if we didn't immediately sit up, shut up and look to the front we would be doomed to the tragic fate of turning to plumb for a livelihood. I should be so lucky, the money those guys make.

I was so relieved to get out of public school I was half way through high school before I realized it was just as excruciatingly boring and restrictive as the other.

Again I was 'too early. Where I fitfully

dodged through deadly Latin and other mandatory subjects my younger brother a few years later breezed through Theatre Arts and Film Appreciation.

Nowadays kids take cooking classes, have nature study field sessions, learn how to quilt, sew, make music or produce a newspaper. I got penmanship (at which I was and still am terrible) and mandatory square dancing, in lieu of phys. ed.

When we complained or made trouble, as was our wont, the teachers and a lot of adults used to hit us with the same dull old refrain, "When you look back you'll realize these (school days) were the best days of your life."

Luckily I never fell for that bit of propaganda or I would have ended it all years ago.

LIVING naturally

Strawberry time

By Kathleen O'Bannon



It's berry time! Strawberries are in abundance this year. One cup of these luscious red berries has only 55 calories and 11 carbohydrates so they are great for dieting. They also contain 31 mg calcium, 1.5 mg iron, 18 mg magnesium, 31 mg phosphorus, 244 mg potassium, 1 mg copper, 89 IU vitamin A, 88 mg vitamin C, and traces of the B complex, vitamins E and K.

Strawberries are great just plain or smothered in real whipped cream. If you feel the need for sweetening in the cream just use a small amount of honey. If you use a blender to whip the cream it is faster and stays whipped longer. Fresh strawberries are also wonderful in natural yogurt. Yogurt is a good way to overcome the alkalinity of the berries. If eating any fruit gives you sores in your mouth then you are becoming too alkaline from the fruit. Yogurt helps to overcome this, so does apple cider vinegar. You only need to have a half a teaspoon of the vinegar in half a glass of water whenever you eat the fruit or at each meal until the condition clears up. If too much fruit gives you sores, like cold sores, on your lips then straight apple cider vinegar will fix it right up, just dab it on until the sore is gone.

Here are some of my favorite recipes for strawberries.

STRAWBERRY PIE

1 double whole wheat crust, 1/2 c lightly toasted whole wheat bread flour for thickening, 1/2 c honey, 1/2 tsp grated nutmeg. Wash, drain, and hull berries. Cut in half or quarters and toss in bowl with flour and nutmeg. Place in bottom of pie shell pour honey over and cover with top crust. Bake at 425 degrees for 10 minutes, then at 350 degrees for 50 minutes until golden.

COLD STRAWBERRY PIE

1 qt berries, 1/2 c honey, 1/2 tsp sea salt, 1/4 c water or apple juice, 4 Tbsp cornstarch or arrowroot starch (often called kuzu), 4 Tbsp cold water or juice, 1 baked whole wheat pie shell.

Use either a regular crust or a crumb crust. Fill the crust with cleaned berries so that the tops are of even heights. If you use whole large berries place the stem side down. Prepare the glaze by heating the honey, water or juice, and salt over medium heat until the honey dissolves and the mixture starts to bubble. Dissolve cornstarch in water and add slowly to the mixture, stirring constantly to blend evenly. When this begins to thicken up and look clear, pour an even layer over the top of the berries and refrigerate for 2 or 3 hours to chill. This is enough glaze for up to a 10 inch pie. 1 or 2 fresh mint leaves can be added to the mixture just before removing from the heat for a nice cool taste.

SHORT CAKE BISCUITS

2 c whole wheat pastry flour, 2 tsp baking powder, 1/2 tsp sea salt, 5 Tbsp chilled butter,

1/2 c cold milk less 1 Tbsp, 2 Tbsp honey.

Sift dry ingredients together. Cut in butter with 2 knives or pastry blender. If you are using solid or creamed honey blend it in at the end of the butter. Blend until the mixture resembles coarse meal like oatmeal. Mixing with a fork add the milk to form a soft dough. If using liquid honey blend it with the milk before adding. Work gently with your fingers and turn out on a lightly floured cloth or board. Quickly pat to 1/4 in. thickness. Fold over in three layers and again pat to 1/2 in. thickness, cut with a 2 or 3 inch cutter. Bake close together on an ungreased cookie sheet at 450 degrees for about 12 minutes or until evenly browned. Makes about 12.

The combination of rhubarb and fresh strawberries is a taste treat that can't be beat. Just add fresh berries to stewed rhubarb and chill. Strawberries should always be washed and drained before hulling. When stewing rhubarb always add the honey after the fruit has stewed. You will need less this way.

Almost any fruit is good fresh or baked with a crumble topping. It can also be used as a top crust for a pie when you only have a bottom crust. Fruit crisp or crumble is easy and quick.

CRUMBLE TOPPING

1 tsp cinnamon, 1/4 c oil, 1/4 c honey, 1/2 c wheat germ, 1/4 c sesame seeds, 2 Tbsp oatmeal, 2 Tbsp whole wheat pastry flour, 1 Tbsp butter.

Put all ingredients in bowl and mash together with fork, sprinkle over top of pie or fruit. Bake at 425 degrees for 15 minutes then reduce to 375 degrees for 45 to 50 minutes for a pie for 20 to 30 minutes for tarts.

FREEZING

All berries can be frozen without sugar. Just wash and drain. Remove stems of strawberries and gently place in bag. If you want to remove the extra air just use a drinking straw and suck out the air. But this is not really necessary. The berries will be separated if you allow them to dry first, then you can remove a few at a time if you wish. They also will not need to be thawed to remove them from the packages. You can set them in serving size bowl to thaw. Or use a few for smoothies as needed.

SMOOTHIES

Smoothies are drinks that usually consist of milk or yogurt, fruit or juice and other ingredients. Generally each serving contains: 1 Tbsp wheat germ, 1 tsp engevita yeast, 1 Tbsp nuts or seeds. You may add honey if you want extra sweetness. If you add 1 Tbsp protein powder or more you will have a complete meal. Just blend it for a few minutes in a blender for a great 'instant breakfast' of nutritious and delicious snack. Berries are great this way, but so is any fruit.

Having raw, fresh fruit is a wonderful way to ensure that you are getting nutrients and enzymes necessary for life, naturally.

Mushroom power?

This muscular mushroom managed to crack a driveway. In the lower left-hand corner of the picture you can see more cracks as another mushroom is starting to burst through the pavement.

