

My HRT-free trip through menopause

When I hit 45, I made a serious decision: I'd go through menopause cold turkey. No pills, no patch, no sympathy.

I admit I left a few casualties along the way. But I survived. I'll be 57 next month. I've managed to come out the other end with most of my marbles.

A study recently released in Detroit suggests I made a smart choice 12 years ago.

Hormone replacement therapy (HRT) deals with medication taken by millions of North American women for relief of menopause symptoms. American researchers are now reporting this medication should not be taken long-term because it carries more risks than benefits.

Replacement medications like estrogen and progestin are very popular. They're being used by about 40 per cent of women during and after menopause.

Studies indicate these women run greater risk of developing blood clots, strokes, breast cancer and heart attacks.

The new message now being delivered is: Women should get back to the basics of controlling menopause with diet and exercise.

While we're back to the basics, we're not reaching back to the past to once again call menopause "the change of life".

It's been years since anyone whispered in my ear, "The poor thing can't help herself. She's going through the change."

I didn't mind menopause. For me, being a little off wasn't all that foreign.

Besides, from where I view the world, what's wrong with having a hot flash?

I'd rather lie in the snow, throw the blankets off, roll down the car window or fan myself than have a stroke.

Why can't we women of 50-plus enjoy a little cry once in a while? We earned it.

If you're old enough, find a box of tissue, sit down in your favourite chair and let the tears fall. If people object, ignore them. They'll



Joan Ransberry

go away eventually.

After all, we're allowed every damned menopause symptom that comes our way. A good cry is a darn sight better than developing breast cancer.

As for a temper tantrum, here's your defense: Did any one of your sweet little darlings ever find himself in a fit of temper on the floor at church or in the grocery store?

Well, it's your turn now. Consider it payback time. It's better to blow a fuse than have a chest buster.

Who says a 52-year-old woman can't spend a day or two pouting? A bit of self pity is good for the soul. While it may be a

tall order to ask the husband, the kids and the boss to carry on without the woman's undivided attention, couldn't they just back off and leave her alone?

Think about it. She's paid her dues. She's gone the extra mile. A sabbatical is in order. Let her have a day or two to pout. It does less harm than a blood clot.

A few years ago, a friend told me a wonderful story about how the family handled his mother's menopause years.

In his mother's absence, his father gathered the four teenage children around the dining room table and made this brief statement: "You may have noticed your mother has been acting a little odd of late.

"Don't pay attention to anything she says or does for the next eight or nine years."

The bottom line on menopause is why can't a woman throw a hissy fit, break into tears, pout a little or go home and kick the cat?

Where in the rule book of life does it say females have to be nice all the time?

The bottom line on menopause is why can't a woman throw a hissy fit, break into tears, pout a little or go home and kick the cat?

SOUR CHERRY WEEK IN OUR BAKERY!

We'll have a whole range of sour-cherry items including:

- * **SOUR CHERRY PIE**, in either small or large size..... **\$2⁹⁹ or \$9⁹⁵**
 - * **SOUR CHERRY CUSTARD CAKE**, extremely edible when its warm, even more desirable a day later, its one of those things that improve with age..... **\$13⁹⁵ & \$18⁹⁵**
 - * **SOUR CHERRY SCONES**..... **\$1²⁹ ea.**
 - * **SOUR CHERRY CHEESECAKE BROWNIES**..... **\$1⁹⁹ ea.**
 - * **JELLY ROLL** - with sour-cherry and whipped cream filling..... **\$10⁹⁵ ea.**
 - * **SOUR CHERRY CHEESE CAKE** - with cherries baked through and topped with a sour-cherry mixture..... **\$12⁹⁵ & \$20⁹⁵**
 - * **CHOCOLATE SOUR CHERRY LOAF** - our rich chocolate loaf with cherries baked in..... **\$4⁵⁰ ea.**
 - * **BUTTER ALMOND & SOUR CHERRY CHEESE FLAN (Whew)**..... **\$7⁹⁵ & \$17⁹⁵ ea.**
 - * **BLACK FOREST CAKE** - these have received a bad name over the years at the hand of others. Ours are made with dense chocolate cake, kirsch, sour-cherries and whipped cream - all wonderful... **\$12⁹⁵ & \$18⁹⁵ ea.**
- and to sweeten our sour deal, we're featuring them at..... **25% OFF THIS WEEK**

MUSKOKA LETTUCE

For the last few years, we had the good fortune to connect with an organic farmer from Muskoka who grew the most amazing lettuces, tomatoes and various types of squashes. She's back this year with the first shipment of a variety of organically grown leaf lettuce. They come with the root to maintain freshness and they're delicious.

1⁹⁹ ea.

AMAZING LILIES

It's our last purchase of plants before the (perish the thought) Autumn mums arrive. It might seem late to buy these, but be mindful that they're perennials and they're flowering only now — so you'll see what you get in the years to come. We've got a great selection of Asiatic & Oriental Lilies (about 20 varieties) all in 6" pots, all tagged and all ready to plant.

— ARRIVING FRIDAY —

LOCAL BROCCOLI

Eat up your veggies folks — this week it's Broccoli — really nice and fresh local produce — at the very digestive price of

.79 ea.

FARMERS SAUSAGES

Our Farmer's Sausages are made with a touch of our English seasoning and finished with some of our German Bratwurst spice and you'll call them delicious once you try them!

Reg. \$3.99 lb. **25% OFF THIS WEEK**

PERLETTE GRAPES

The last couple of batches of Mexican grapes and even some California grapes haven't been the best — but now the California Perlettes are in. They're the crunchy round type — sometimes sweet, sometimes not. These are sweet, and so is the price!

1⁹⁹ lb.

OUR BANANA BREAD

Just the regular one this week, folks. Baked more than once daily! Reg. \$3.49 ea.

1/3 OFF THIS WEEK

OUR ENGLISH CUKES

These are our hand-wrapped large size — the pick of the crop!

Product of Ontario **.99 ea.**

SIRLOIN STEAKS

These are either Grade AAA or 'Canada Prime'. Sirloin is not the most tender cut, but it certainly has a following — especially for the flavour.

There is not an endless supply so when they're gone, they're gone!

5⁹⁹ lb.

SOUTH AFRICAN GRANNY SMITH APPLES

I recollect, perhaps incorrectly, that all granny Smith Apples originally came from South Africa. From small beginnings they became extremely popular worldwide. What makes these apple particularly nice is that:

- (a) they're new crop — meaning that they HAVEN'T been picked last Fall and stored — these are freshly off the tree.
- (b) they're not overly tart as some Granny Apples can be and
- (c) they're a great price!

From South Africa.

.99 lb.

SUMMER SALADS

I marvel at the amount of time our kitchen-dwellers spend on making these — and how often we make them — sometimes twice daily. I think to myself — why not just in bigger batches, wouldn't it be more efficient? The answer is that the seasoning works on the batch sizes we make — and those are the bowl sizes we have — other than that, if you were home (and had the time) you'd make them daily too — that's the principle of 'Homemade'.

To ponder the alternative, pick up a container of supermarket salad, put your glasses on and read the ingredients. A lot of the additional 'stuff' is not to enhance flavour but to preserve shelf life. Note also where it comes from — very often from the U.S! — and don't think that the salads that they sell in the deli counter in bulk are any different at all. And don't forget to look at the code date — sometimes it's 4 to 6 weeks. Have you ever had a salad last that long in your fridge?

The moral of this little story is that if you want to buy homemade, we're it.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY JULY 14th

Hours:

Mon. 11:00-7:00 - Tues. - Thurs. 9:00-7:00 - Fri. 9:00-8:00
Sat. 9:00-6:00 - Sun. 10:00-5:00

548 Carlton Road, Unionville

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