

**THE KITCHEN WITCH**  
 Heather McNally  
 Portland-on-the-Rideau  
**TOMATOES - Prime Time**  
 Rapture, to my way of thinking, is a thick sun-warm slice of Beefsteak tomato piled with squeaky mozzarella cheese, basil leaves and black sliced olives, sandwiched between slices of Kathy Bryden's fresh baked bread. Next would be a bowl of crunchy liquid Spanish salad or possibly mouthfuls of cherry tomatoes.

**GAZPACHO**  
 4 tomatoes, peeled, seeded and diced  
 1 unpeeled cucumber, 1 sweet onion and 1 each red and green pepper, diced small and added to tomatoes

Add: 1 cup stuffed olives, 5 cups Garden Cocktail, 1 or 2 cloves mashed garlic, ½ tsp. salt, freshly ground black pepper, 2 tbsp. salad oil, 1 tbsp. red wine vinegar.

Stir to combine, cover and chill at least 6 hours. Serve in chilled soup bowls and garnish with parsley and croutons. (6 servings)

**MARINATED CHERRY TOMATOES**  
 2 pints cherry tomatoes  
 ½ cup olive oil  
 2 tbsp. red wine vinegar  
 2 cloves mashed garlic  
 ½ tsp. salt and freshly ground pepper

Pour boiling water over tomatoes. Leave 15 seconds. Drain and plunge into ice water. Drain and remove skins. Combine tomatoes with other ingredients. Chill at least 2 hours. Serve on lettuce and sprinkle with parsley.

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**THE GANANOQUE RIVER  
 WATERWAYS ASSOCIATION**

A meeting of the Association will be held September 30 at 2 p.m. at the Cutfield's on Red Horse Lake, North of Shawmere, Larose Bay Road, County Road 3.

**AGENDA**

SUB-COMMITTEE REPORTS  
 REGARDING:

LAND DEVELOPMENT  
 WATER QUALITY  
 WATER LEVELS

**CATTAIL BOG ON THE RIVER**  
 Membership in the association is open to all, anyone interested in the protection of property and wildlife of any kind, the welfare of the waterway and the environment is cordially invited to attend and to join the association.



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**RECORD YEAR IN THE FIGHT AGAINST CANADA'S #1 KILLER**

The Heart and Stroke Foundation of Ontario announced record revenues for the year ended June 30, 1989.

"We set ambitious financial targets for 1989," said the Foundation's Volunteer President, Doug Sheppard, "but we surpassed them, thanks to the outstanding efforts and enthusiasm of our volunteers." The Foundation, which supports 67% of all heart and stroke research in the Province of Ontario, earned revenues totalling \$27.8 million, nearly a 20% increase over the previous year. "Since we're a volunteer organization, we have turned almost all of the money we raised back to heart and stroke research and education," explained Sheppard.

The Foundation recently learned that its efforts to improve the odds against Canada's #1 killer are paying off. Less than three years ago, Canadians had a 50% chance of dying from heart

disease and stroke. Now the odds have improved to 43%, thanks in large part to the Foundation's research and education programs. "But we still have the unenviable #1 position," said Sheppard. "Heart disease and stroke continue to claim more lives each year than all other diseases combined. We've come a long way, but we still have a long way to go."

Ray O'Neil, Area Co-ordinator for Lanark, Leeds and Grenville, said, "The volunteer network here, in my opinion, is second to none. The tremendous success is due to the dedication and hard work of everyone connected with the Foundation. It also goes without saying that as usual, the people in Lanark, Leeds and Grenville give with their heart and because of this, 'We're Winning'". The Heart and Stroke Foundation of Ontario is a non-profit, volunteer organization that raises funds to support research and education programs across the province.

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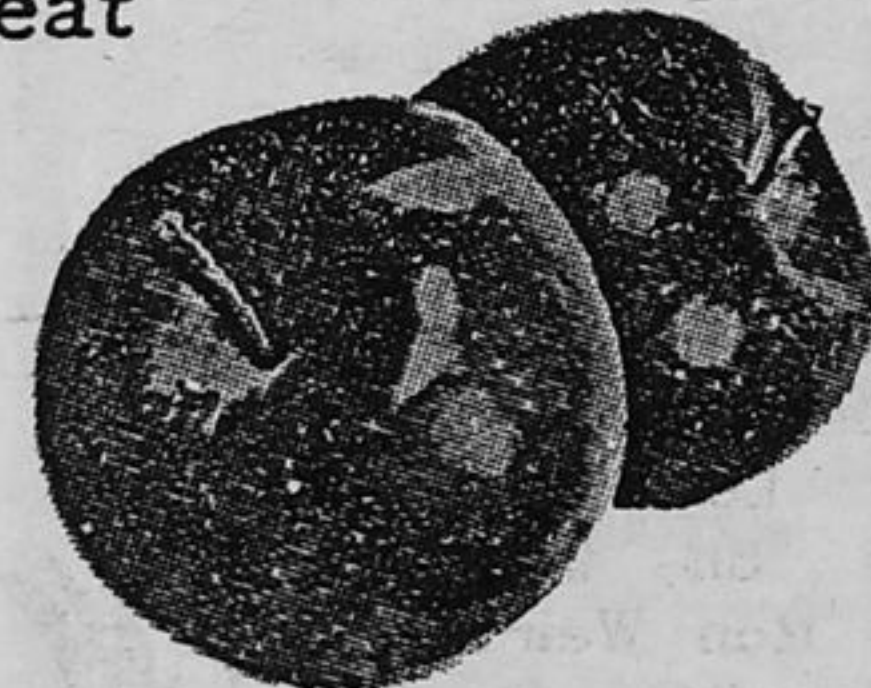
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