

Heart Month is here again!



February brings
Valentine's Day...

and the Heart and Stroke
fundraising campaign



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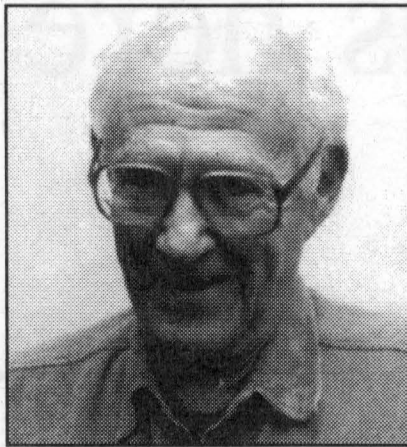
President's Message

As we begin our Heart and Stroke Campaign for 2001, our thoughts return to our immediate past-president, Steve Preston, whose recent death is mourned by us all. With unfailing good humour, Steve led us to surpass our goals in both fundraising and health promotion. They were very demanding goals, but we did it. And Steve made sure we had fun doing it.

Glengarry is well known at the Ontario offices of Heart and Stroke for having among the most eager volunteers and most generous donors in the entire province. Although our incomes are by no means the highest in the province, the public spirit of Glengarry conquers all!

To carry out the February campaign we must muster about 300 people. They are all volunteers, working without pay — the only material reward they can look forward to is keeping the Heart and Stroke ballpoint pen, the one whose ink nearly freezes as they stand on doorsteps writing receipts. Of course we carry out our campaign in February in honour of our patron, Saint Valentine, the person who put the heart into Heart and Stroke.

So please welcome the Heart and Stroke



Mike Ashton

volunteer who comes to your door. Your donation will help continue the fight against heart disease and stroke — Canada's No. 1 killer — through research into better healing methods and promotion of healthier living and prevention.

**Mike Ashton, President
Glengarry Council, Heart and Stroke
Foundation of Ontario**

February campaign a reminder of heart perils we all face

The Heart and Stroke Foundation of Ontario's fundraising campaign 2001 begins tomorrow — February 1 — and continues throughout the month. I would like to thank each and everyone of the dozens of South Glengarry zone chairs, captains and canvassers for their drive and determination in working towards this year's goals. I would like the residents of South Glengarry to know that the contributions you give to the canvassers who come to your doors go towards research and health promotion IN OUR AREA.

Heart and stroke-related diseases can and do strike anyone at anytime, too often suddenly and fatally. Many times a heart attack or stroke is the first indication of heart disease. Oftentimes there is no second chance. These diseases can hit young or old, rich or poor, thin or obese, a neighbour down the street or a member of your own family. Learn the signs and symptoms of heart attack and stroke: it may someday save a life. Never think it can't happen to you, and never say you don't believe in all of our efforts. With your



Dianne Crutcher

support, and generous contributions, we CAN keep South Glengarry a heart-healthy community.

My thanks to all!

**Dianne Crutcher, Chair
"Person-to-Person" Campaign
South Glengarry**

Heart and Stroke coming events

Feb. 1-28 "Person-to-Person" Campaign Volunteer canvassers call on Glengarry homes seeking donations to fund vital research into prevention, causes and new treatments for heart disease and stroke — the number one cause of death in Canada

Feb. 9 Curling Bonspiel The Glengarry Heart and Stroke Curling Bonspiel at the Alexandria Curling Club. Lunch available. Proceeds to Glengarry Heart and Stroke.

Feb. 25 Cross-Country Skiing Skiing event at the North Glengarry Winter Carnival. Pick up pledge sheets at NG township office, Alexandria Lanes or Raisin Region Conservation Authority. Proceeds to Heart and Stroke and Friends of Glengarry Trails.

School Year Hoops for Hearts and Jump Rope for Hearts Participating schools this year include Williamstown Public School, Ecole Sainte-Thérèse, GDHS, Terre-des-Jeunes, Ecole Saint-Joseph (Lancaster), Alexander School, St. Joseph's School (Alexandria), Ecole Laurier-Carrière, Ecole Saint-Bernard and Ecole Elda-Rouleau.

Mar. 29 Symposium Dinner Does Glengarry lack a rapid stroke response? Speakers Darren Johnson, regional hospital specialist, and stroke coordinator Cindy Bolton will explain a new program for stroke treatment in the Kingston area. Time and place TBA.

May 6 Big Bike Bike teams from Alexandria — or anywhere else in Glengarry that can dig up 29 sponsored pedallers — for fun and fundraising! Proceeds to Glengarry Heart and Stroke. Watch for announcements in The Glengarry News.

May Duck Race At Cooper Marsh. Lots of fun and prizes for fast duckies. Bring the kids. Buy lots of ducks. Proceeds to Glengarry Heart and Stroke and Cooper Marsh Conservators. Watch for date in The Glengarry News.

June Volunteers Appreciation Luncheon and recognition for all our wonderful volunteers. Date and place TBA.

July 20 Macdonald Golf Tournament Eugene A. Macdonald Memorial Golf Tournament at Glengarry Golf and Country Club. Proceeds to Heart and Stroke.

Aug. 15 Villeneuve Golf Tournament The Fifth Annual Bernie Villeneuve Memorial Golf Tournament at Casselview Golf and Country Club, Casselman. Proceeds to Glengarry Heart and Stroke and the Cancer Society.

Sept. 23 Mother-Daughter Walk Mother-Daughter fundraising walk in Cornwall. Calling all Glengarry families and friends to join in. Proceeds to Heart and Stroke.

Door-to-door canvassing brings Heart and Stroke message home

February is traditionally Heart and Stroke month when volunteers all over Glengarry get stuck in country lanes, knock on doors, and meet the people who moved in during the past year.

As a canvasser, I am amazed at how many people say, "Heart and Stroke?" and reach for a twenty or a chequebook, then tell you of their heart problems or those of family members. Statistically, heart disease is the biggest killer of Canadians, and Eastern Ontario is a particular hotspot. For volunteers going door-to-door, the statistics come alive.

The "Person-to-Person" Campaign is of vital importance to the Heart and Stroke Foundation, raising funds for research and health promotion.

To the organizers and their many hard-working canvassers who make this possible by donating hours of their time, and to the people of North Glengarry who respond with such generosity and



Dorothy Irvine

encouragement, a heartfelt "Thank you!"

**Dorothy Irvine, Chair
"Person-to-Person" Campaign
North Glengarry**



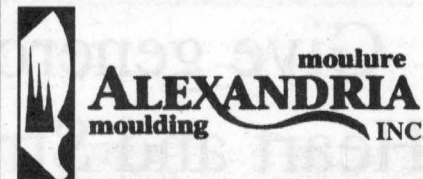
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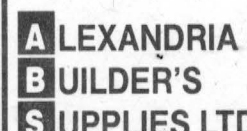
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Heart and Stroke bonspiel still calls up curlers

By Carmin Howes

In 1990, when Ambrose (Bud) MacDonell was vice-president of the Glengarry Chapter of the Heart and Stroke Foundation, he was invited to participate in a "Funspiel for Heart" curling event in Winchester. He along with Al Malcolmson, Margaret MacCuaig and Elsie MacLean, formed the Alexandria team.

Clearly Ambrose was impressed, because the next year, when he was president of Glengarry Heart and Stroke, he decided to organize a bonspiel in Alexandria. Fellow board members Alan MacPhail and Bob Cuning joined him in organizing the event to help raise funds for Heart and Stroke.

A young member of the Alexandria Curling Club, Larry Hay, had just undergone a successful heart transplant. Larry and his aunt, Phoebe Hay, as well as Flora Poulton, Peggy Lafave and others helped. The fundraiser was an immediate success. Others involved with the bonspiel committee over the next 10 years included Peter Gibbs, Carmin Howes, Hubert and Barbara Boulanger, Jean Hevey and Joan Ryan.

Last year, Steve Preston, who curled at the Lancaster Curling Club, joined the



Ambrose (Bud) MacDonell

committee. He persuaded Farley Windows to donate a trophy, and the winners in the Alexandria bonspiel were invited to compete for the trophy in Lancaster the next day. Curling in Lancaster is out in 2001, but we hope it can be revived in 2002.

The committee is very grateful to all the merchants and individuals who have gen-

erously given prizes and food for lunch over the years. We have steered away from canvassing the merchants the last few years as we felt they were getting hit too often, but we still have faithful suppliers of food and prizes. There is a charge for lunch now with proceeds going to Heart and Stroke.

We are also indebted to the Alexandria

Curling Club for supplying its facilities free of charge — and to the ladies who prepare and serve the wonderful soup, sandwiches and cake.

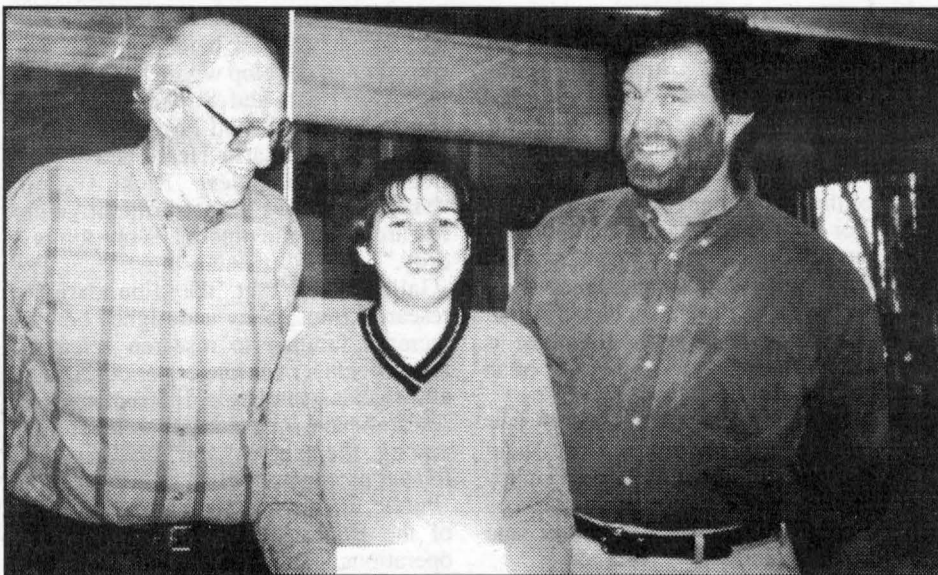
The bonspiels have raised between \$1000 and \$1300 for Heart and Stroke each year. Ten dollars per curler is collected. We also sell 50-50 tickets or have a raffle. The proceeds from lunch and tips from the bar are also included. This year the executive of the Alexandria Curling Club has decided to support the "Paint the Town Red" program of Heart and Stroke for Valentine's and hope to raise a few more dollars.

So, come and join us on Friday, Feb. 9 at the Alexandria Curling Club. We expect curlers from Alexandria, Lancaster, Maxville, Hawkesbury and (we hope) Vankleek Hill. The \$10 goes to a good cause. If you are hungry you can have a delicious lunch at a modest price. Maybe you'll even win a Heart and Stroke T-shirt or other nice prize. And, you'll have a lot of fun. You don't have to be a club member or a big-time curler to participate.

To sign up call the Alexandria Curling Club at 525-3542, or Carmin Howes at 525-2942, or Ambrose MacDonell at 525-1082.

See you there!

Local student rewarded for epic walk



Penny Amstutz accepts her Heart and Stroke Foundation plaque from Glengarry Chapter president Mike Ashton (left) and publicity co-chair Dane Lanken.

North Lancaster area student Penny Amstutz was honoured with a special plaque in December from the Heart and Stroke Foundation of Ontario for being the highest single fundraiser in Eastern Ontario in the Foundation's "Fit for Heart" program. One day in October 1999, Penny walked through a slashing rainstorm from Alexandria to Cornwall, on her own, in memory of her grandmother who died of a stroke — and raised \$500 for Heart and Stroke research.

"It was an experience," recalls Penny, who was 17 at the time. "I listened to Oldies on my Walkman and just kept going and going and going."

Penny is now studying exercise science at Concordia University, Montreal — and planning other, even longer walks!

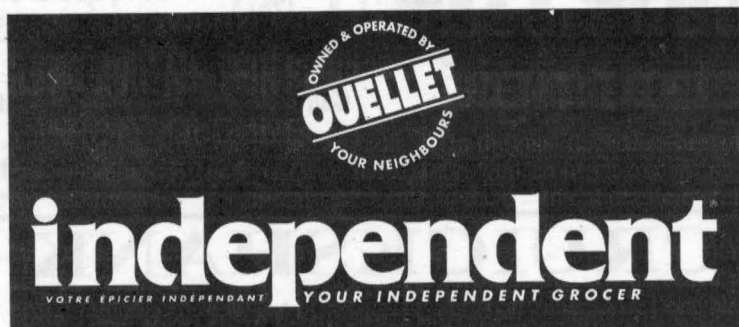
New TV show explores world of the heart

A new weekly television show, beginning this Sunday, Feb. 4, will explore the fascinating world of the heart.

Hosted by Dini Petty and airing on the Global Network, The Heart and Stroke Health Show will explore topics as varied as heart research, love and sex, heart-healthy nutrition, women and heart disease, heart and stroke drugs, quitting smoking and surviving the impossible.

The 30-minute show, scheduled for the next 26 weeks, will feature physicians, patients of all ages, caregivers, family members, volunteers and researchers. It is intended to open doors to the experiences, struggles and triumphs of heart and stroke experts, helpers and survivors.

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Overall weakness

Nausea

Why should you know the signs? Because if you get help quickly after a heart attack, you'll probably survive. Fifty percent of heart attack deaths occur within two hours of the first sign. More

than 80 percent of heart attack victims survive if they make it to the hospital. You can survive a heart attack, but only if you act quickly.

A heart attack happens when a blockage in an artery stops blood from reaching the

Fast action limits stroke damage

As with a heart attack, the sooner the victim of a stroke receives medical attention, the better the chance of limiting damage and improving the odds of full recovery. There are procedures and drugs that can help a stroke sufferer, but only if they are administered early.

A stroke is defined as a sudden injury to the brain caused by heart or blood vessel malfunction. It can happen without warning and without prior symptoms.

People should become familiar with the signs of a stroke, and if they occur, seek medical help immediately. Don't wait to

heart. The sooner that blockage is cleared, the less damage is done to the heart. That's why if you feel even one of the signs of a heart attack, you must get help right away. Tell someone to get you emergency help. Call 911. Get to the hospital.

see if the signs pass. Call 911 at once. Get to a hospital.

Warning signs of stroke include

- sudden loss of vision, especially in one eye, or double vision
- sudden, severe and unusual headaches
- sudden weakness, numbness or tingling in the face, arm or leg
- temporary loss of speech or trouble understanding speech
- dizziness, unsteadiness or sudden falls, especially with any of the above signs.

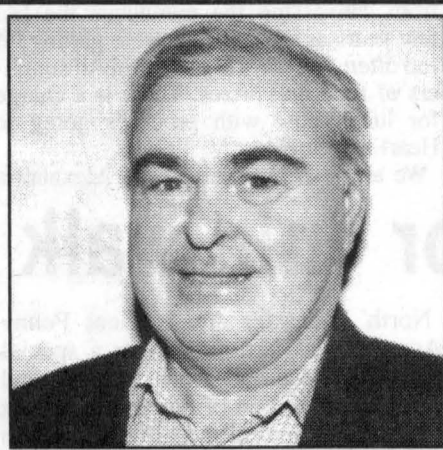
The obvious and major sign is chest pain. Chest pain can take many forms, a feeling of heaviness, tightness, crushing pain, pressure, fullness, squeezing or burning. The pain may spread from your chest down one or both arms, or up to your neck, jaw or shoulders. The signs may be different for women, who are more likely to feel "vague" chest discomfort.

The signs may come and go. But remember, even if the pain or discomfort goes away, the artery blockage and resulting damage may still be happening. That's why you must call for help right away.

People find it hard to believe that they are really having a heart attack. Many think the signs will go away. Denial can be fatal. Every year thousands of Canadians die needlessly because they don't recognize or act on the signs of a heart attack. So don't just lie down. Don't just take an antacid. Call for help — and survive!



Janet McDonald



Steve Preston

In memoriam

The Glengarry community in general, and the Glengarry Chapter of the Heart and Stroke Foundation in particular, suffered distressing losses over the past months with the deaths of Janet McDonald and Steve Preston.

McDonald, 63, was secretary of Glengarry Heart and Stroke when she died in an automobile accident at the Lancaster entrance to Highway 401 last May. Preston, recently president of the local chapter, died of cancer last month at the age of 64.

Besides their work with Heart and Stroke and other charities, both McDonald and Preston were successful Lancaster Township councillors.

The loss of two such publically-spirited citizens in a matter of months is a serious blow. But the Glengarry Chapter of Heart and Stroke joins with many other organizations as well as the public-at-large in remembering Janet McDonald and Steve Preston for the fine examples they set and the wonderful contributions they made.

Horse trainer makes medical history with gene therapy

Grenville Dungey, 58, a former Toronto horse trainer, made medical history last March when he became the first person in Canada to receive gene therapy designed to grow new blood vessels in his heart.

Like thousands of Canadians, Dungey suffered from heart failure. Breathlessness, fatigue and swelling of the legs were slowly immobilizing him. Most serious, parts of his heart were too damaged to permit surgical treatment. All of this made Dungey an ideal candidate for experimental gene therapy.

Genes to coax the growth of new blood vessels in the most damaged areas of his heart were inserted as he underwent conventional bypass surgery. Today he is vigorously enjoying every moment of an active lifestyle.

"It's a made-in-Canada treatment," says Dr. Duncan Stewart, chair of the Heart and Stroke Foundation's research policy committee and the doctor who treated Dungey. "We tried new methods and processes here and they worked."

Genetic research is also transforming treatment for stroke victims. In Ottawa, a team led by Dr. Antoine Hakim is inves-


tigating a gene that could help the brain repair itself after a stroke. Clinical trials in humans could be as near as two years away.

"The immediate task for Canada is to keep our best and brightest young scientists here where they belong, so that they can go on to develop within the great tradition of Heart and Stroke Foundation research established for nearly 50 years," said Ontario Heart and Stroke Foundation president Rick Gallop. "Making sure we've got brilliant young researchers in the pipeline is our top priority."

Gallop said that the Foundation's research grant policy is designed both to increase funding to research scientists and provide it over longer periods, and to ensure that scientists in different areas of research have the means of collaborating among themselves and investigating related problems.

Public fundraising remains at the base of the Heart and Stroke Foundation's operations, Gallop said, extending his thanks to the millions of Canadians who support Heart and Stroke during its February fundraising drive.

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Stroke doesn't deter busy couple

By Gordon Winter

Russ Surtees is a prime example of someone who suffered a disabling stroke but who nonetheless enjoys life and keeps busy in many ways.

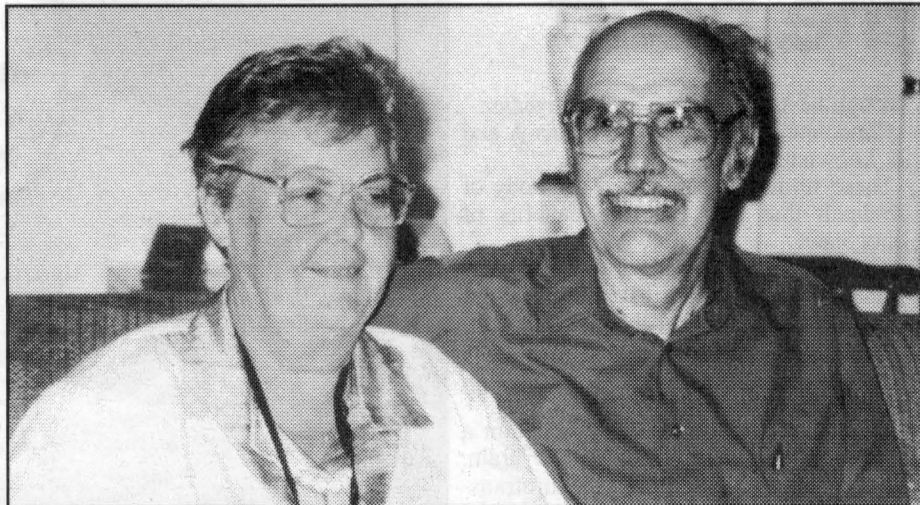
Russ and his wife, Barbara, are residents of an apartment in Glen Garden Village in Maxville. They socialize, travel and otherwise remain too busy to complain.

Russ Surtees was born in Winnipeg, grew up there and graduated with a degree in civil engineering from the University of Manitoba in 1947. He found employment with CIL and remained with this firm until retirement. It was in Windsor where he met Barbara Martin who became his wife in 1949. Shawinigan Falls, Montreal, Sarnia and Thornhill were the locations where the couple and their family of four lived over the years.

In 1972, Russ suffered a bad heart attack. There was no warning, but the attack may have been brought on by the stress of delivering a speech earlier in the evening. He was off work for six months, but it became clear that the heart was repairing itself.

In 1974, the couple purchased a country place near Dalhousie Mills and used it at first as a summer cottage. With Russ' retirement in 1983, the house was renovated and became a permanent home. Life was busy over the next two years with Russ serving as a consultant with the Quebec engineering company, SNC.

Suddenly during the night of June 20, 1985, without warning again, Russ suffered a stroke. He felt no sickness or pain,



Barbara and Russ Surtees

but his left side was suddenly disabled and remained paralyzed. Barbara was able to get him into the car and rushed him to Glengarry Memorial Hospital whence he was transferred to the Ottawa General Hospital.

Then began a long period of rehabilitation in the General and at St. Vincent Hospital, also in Ottawa. It took about four months to learn to walk with a leg that is locked at the knee and has no muscular activity. It more or less swings forward when the weight is shifted to the right side.

"For the first two years I was scared," Russ explains. "I was very cautious. I lacked confidence, knew my retirement was now limited and I had to learn what I

could do. My mental ability was not impaired though I find I am sometimes dependent on Barbara for helping me make small decisions."

The Surtees explain that a wheelchair is used at times when going on bus trips, shopping excursions and other occasions when they want to save time and ensure that Russ doesn't get too tired.

When asked if he was bitter after his stroke, Russ replied that he was not and never questioned, "Why me?" He accepted the limitations caused by the stroke and is pleased that they can socialize and keep in touch with people. Barbara praises her husband's spirit, saying, "He has never been ornery."

There never seemed to be an explanation

for the stroke. Russ never smoked. He watched his diet and was never overweight.

"We moved to Glen Garden Village four years ago," Barbara relates, "when the country place with its three acres became too much work. We are very happy here and know we can stay here until it is time for us to move to the Manor." Her mother, Alma Martin, was a long-time and highly respected Manor resident until her death in 1996.

The Surtees sometimes go to Florida in winter for four months of warm weather. From their rented trailer home they do a lot of walking, swimming, playing shuffleboard and bridge, singing with a group, attending church and going out to eat. They see no reason to let a disability slow them down.

Surprise! Smoking is bad for the heart

Tobacco smoking is the single most important cause of preventable illness and premature death for Canadians. It is a cause of heart disease, stroke, lung cancer, chronic lung disease, chronic bronchitis, emphysema and mouth and throat cancer.

Here are some facts about smoking.

- Heart disease rates are 70 percent higher for smokers than non-smokers.
- Smokers are two to three times more likely to have a heart attack than non-smokers. Smokers are three times more likely to have a stroke than non-smokers.

- Smokers are more likely than non-smokers to suffer from atherosclerosis (hardening of the arteries).

- Smoking is the greatest single risk factor leading to peripheral vascular (blood vessel) disease.

- In Ontario alone, tobacco kills more than 13,000 residents each year — that's 35 people a day.

- Tobacco use among Canada's youth has increased over the past decade, from 20 percent of Canadians aged 15 to 19 in 1991 to 28 percent of boys and 30 percent of girls today.

- Smoking will account for more than 50 percent of deaths before age 70 among current 15-year-old smokers.

- More than 90 percent of teenagers who smoke as few as three or four cigarettes a day typically continue to smoke for the next 30 to 40 years.

- Tobacco use kills eight times more people in Canada than the total number of deaths caused by car accidents, suicide, murder, AIDS and drug abuse.

- Within two years of quitting smoking, the risk of heart attack in a former smoker is about half that of smokers. After 10 to 15 years, the risk is lowered to the same level as those who have never smoked.

Cross-country skiing highlights carnival

Cross-country skiing enthusiasts won't want to miss the big Heart and Stroke ski races scheduled as part of the North Glengarry Carnival in late February.

The Carnival takes place Feb. 23 to 25 at two main sites, Alexandria Island Park and the Bonnie Glen Pavilion on Highway 43. The ski races will be held at the Bonnie Glen on Sunday, Feb. 25, beginning at 11 a.m. Three races are scheduled, of three, seven and a half and 13 kilometres. There will be no age groupings; anybody can enter any race. Contestants enter by paying a two-dollar entry fee or, preferably, by collecting pledges to benefit Glengarry

Heart and Stroke. Pledge forms are available at the North Glengarry Township office, Alexandria Lanes, or the Raisin Region Conservation Authority office in Cornwall.

A pre-carnival bowling tournament will take place Feb. 16 and 17 at Alexandria Lanes. A dinner-fashion show-dance at the Bonnie Glen will open the carnival on Feb. 23, with a kids' dance (grades 6, 7 and 8) at the Sports Palace following on Feb. 24. Outdoor activities will include winter volleyball, baseball and family tug-of-wars, snowmobile rides and, of course, cross-country skiing.

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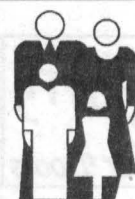
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Studies find chocolate is good for the heart

Chocolate is good for the heart!

That's the delightful finding of several recent studies in the United States as reported at a meeting of the American Association for the Advancement of Science.

Scientists have long studied why many people crave chocolate, and why eating chocolate seems to make people feel happy.

But newer studies have found that chocolate contains flavonoids, substances that act as antioxidants, thought to offset the artery-damaging effects of oxygen. Fruits and vegetables are full of flavonoids. It is also found in red wine, which caused some scientists several years ago to conclude that a glass of red wine a day could be heart-healthy.

University of California nutritionist Carl Keen gave 10 healthy adults each a cup of hot chocolate, and found that after the drink, the subjects' blood cells were less prone to clot. The effect was similar to how aspirin affects blood, Keen noted,

though he said aspirin is much stronger.

Chocolate also contains vitamins A and E, known antioxidants.

These studies add to a growing body of research that points to the benefits of chocolate.

Chocolate has been found to contain caffeine-like substances that stimulate the heart muscle, boosting the force of contraction and heart rate. And despite fears that chocolate raises cholesterol levels, studies have found it does not.

Chocolate is also believed to contain a range of "drugs" that act on the brain. One is phenylethylamine, a neurotransmitter or "messenger" chemical that raises levels of another neurotransmitter, dopamine, boosting blood pressure and heart rate and heightening sensation.

Even the smell of chocolate could be good for us. One study found that its aroma releases an increased amount of immunoglobulin A, which is secreted in the saliva and helps protect against colds.



Dorothy Draper handles memorial gifts for Heart and Stroke.

Donations can be made in memory of lost loved ones

People who have lost a loved one sometimes request that donations be made to a charity in memory of the person who died. Such memorial gifts may be given at the funeral home, where appropriate envelopes are kept, or privately later. A card is then given to the family noting that the donation was made.

The Heart and Stroke Foundation has become a favourite recipient of memorial gifts, which is not surprising given that heart disease and stroke is the leading cause of death among Canadians. Heart and Stroke's Glengarry Chapter receives about \$10,000 per year through these gifts, representing several hundred indi-

vidual donations.

For the past six years, Dorothy Draper, a resident of the Dalhousie Mills area and a member of Heart and Stroke's local executive, has handled memorial gifts for the Glengarry Chapter. It is Dorothy who sends out acknowledgements and receipts to donors and cards to family members.

"It's a way of staying involved," she says, noting that her husband, Frank, died of a heart attack 15 years ago. The circumstances surrounding the gifts are sad, but both donors and families draw comfort from knowing that donations go towards research that will reduce the toll that heart disease and stroke take.



Award winners

Heart and Stroke canvassers Bernard MacDonald (middle left) and Maurice Sauvé (middle right) were honoured by the Glengarry Chapter of the Heart and Stroke Foundation last fall for outstanding service in its fundraising campaign. MacDonald has canvassed in South Glengarry for the past 12 years, Sauvé in North Glengarry for 14 years. They each hold a Certificate of Appreciation thanking them for their "diligent and effective service to the Glengarry Chapter." They are flanked by Mike Ashton and Bill Hagen of Glengarry Heart and Stroke.

High blood pressure linked to poor partnerships

A new study funded by the Heart and Stroke Foundation of Ontario shows that people in unhappy relationships who have mild high blood pressure (hypertension) experience a sustained increase in blood pressure when they are with their partners. But people with mild hypertension who are in loving, supportive relationships experience a decrease in blood pressure when they are with their partners.

Anyone can raise their blood pressure during an argument for as long as the

argument lasts, noted Dr. Brian Baker, lead investigator and Foundation spokesperson. But this is the first study to show that the continuous tension of a distressed intimate relationship can raise blood pressure and keep it high continuously for a 24-hour period.

Recent Heart and Stroke Foundation surveys have found that almost one in two Canadians aged 30 and over reports being stressed on a daily basis. Family relationships and worries about jobs and finances were the major sources of stress.

Heart transplants work – sign that donor card!

In the past decade, a heart transplant has evolved from an experimental procedure to the treatment of choice for patients with terminal heart disease. The growth in the number of heart transplants has been accompanied by increased post-operation survival rates. After one year, almost 75 percent of Canadian heart transplant recipients are alive. Five year survival rates range between 60 and 70 percent.

Still, almost 30 percent of patients waiting for a heart transplant operation die before a heart becomes available. This figure could be reduced if more Canadians signed their organ-donor cards. Only about one in three does so now.

Many Canadians who have not signed their cards - about 36 percent - say it is because they have just not thought about it. The Heart and Stroke Foundation asks Canadians to sign the donor cards attached to their driving licenses or otherwise make their wishes to be organ donors known.

Speed is important. A heart or lungs must be transplanted within four to six hours after their removal from the donor. Clearly, these are difficult times for next-of-kin. But signing a donor card could help one's survivors by making their wishes known - and it might just save a life.

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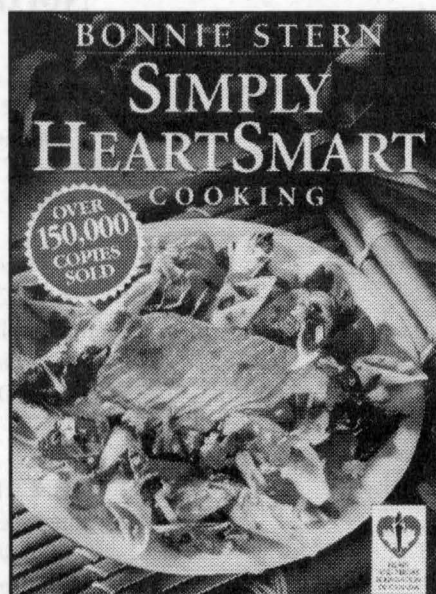
Simply delicious *Simply HeartSmart* recipes

Carrot and Ginger Soup

(makes 8 servings)

15 mL (1 tbsp) olive oil
 1 onion, chopped
 2 cloves garlic, chopped
 15 mL (1 tbsp) chopped fresh ginger root
 5 mL (1 tsp) ground cumin
 5 mL (1 tsp) paprika
 pinch cayenne
 750 g (1 1/2 lbs) carrots (about six large),
 peeled and chopped (about 750 mL/3
 cups)
 1 large potato, peeled and diced (about
 500 mL/2 cups)
 1.5 L (6 cups) chicken stock
 15 mL (1 tbsp) honey
 15 mL (1 tbsp) lemon juice
 salt and pepper to taste

1. Heat oil in a large saucepan or Dutch oven on medium heat. Add onion, garlic and ginger. Cook gently until very fragrant, about 5 minutes. Add cumin, paprika and cayenne. Cook for 30 to 60 seconds until fragrant, stirring constantly.
2. Add carrots, potato, 1 L (4 cups) stock, honey and lemon juice. Cook until vegetables are very tender, about 30 to 40 minutes.
3. Puree soup in a food processor or blender and return to heat. Season with lemon juice, salt and pepper. If soup is too thick, add additional stock and re-season.



Pot Roast of Beef with Root Vegetables

(Works well with lamb or pork, too. Leftovers can be made into shepherd's pie.)

15 mL (1 tbsp) olive oil
 2 kg (4 lbs) boneless cross-rib roast of beef, tied
 2 mL (1/2 tsp) salt
 1 mL (1/4 tsp) pepper
 2 onions, chopped
 2 cloves garlic, finely chopped
 25 mL (2 tbsp) chopped fresh rosemary, or 5 mL (1 tsp) dried
 25 mL (2 tbsp) chopped fresh thyme, or 5 mL (1 tsp) dried
 500 mL (2 cups) dry red wine or homemade beef stock
 25 mL (2 tbsp) balsamic or red wine vinegar
 500 mL (2 cups) homemade beef stock or water
 2 onions, cut in chunks
 2 carrots, cut in chunks
 2 parsnips, peeled and cut in chunks
 4 baking or Yukon Gold potatoes, peeled and cut in chunks
 1 sweet potato, peeled and cut in chunks
 15 mL (1 tbsp) flour (optional)
 15 mL (1 tbsp) soft, non-hydrogenated margarine (optional)
 25 mL (2 tbsp) chopped fresh parsley

1. Heat oil in a heavy Dutch oven on high heat. Pat roast dry, season with salt and pepper and brown well on all sides, about 10 to 15 minutes. Remove roast from pan.
2. Discard all but 10 mL (2 tsp) oil from pan. Add chopped onions and garlic. Cook until tender, about 4 minutes. Add rosemary, thyme and wine and bring to boil. Cook uncovered until wine reduces to about 250 mL (1 cup). Add vinegar and stock. Bring to a boil and return beef to pot. Cover lightly and cook in a 180°C (350°F) oven for 1 1/2 hours.
3. Arrange onions, carrots, parsnips, potatoes and sweet potato around roast. Cover and continue to cook for 1 1/2 hours or until vegetables and beef are both tender.
4. Remove beef to a carving board and vegetables to serving platter. Skim any fat from juices and simmer juices on top of stove. If juices are not thick enough, cook uncovered until thick, or mix flour and margarine in a small bowl. Add to simmering liquid a teaspoon at a time, stirring until juices are just slightly thickened.
5. Slice meat, arrange over vegetables and spoon juices on top. Sprinkle with parsley. Makes 10 to 12 servings.

Teriyaki-Glazed Chicken Meatballs

(makes about 40 meatballs)

500 g (1 lb) ground lean chicken or turkey breast
 1 egg, beaten
 175 mL (3/4 cup) fresh breadcrumbs, or 125 mL (1/2 cup) dry
 75 mL (1/3 cup) soy sauce, divided
 75 mL (1/3 cup) rice wine, divided
 25 mL (2 tbsp) granulated sugar, divided
 25 mL (2 tbsp) finely chopped onion
 25 mL (2 tbsp) finely chopped carrot
 10 mL (2 tsp) vegetable oil
 250 mL (1 cup) chicken stock or dashi

1. In a large bowl, combine chicken, egg, breadcrumbs, 25 mL (2 tbsp) soy sauce, 25 mL (2 tbsp) rice wine, 15 mL (1 tsp) sugar, onion, carrot. Knead together with hands or spoon.
2. Shape mixture into 2.5 (1 in) balls and place on baking sheet lined with parchment paper.
3. In a large, deep non-stick skillet, heat oil on medium-high heat. Add meatballs and brown on all sides, in two batches if necessary.
4. In a small bowl, combine stock, remaining 50 mL (1/4 cup) soy sauce, remaining 40 mL (1/4 cup) rice wine and remaining 15 mL (1 tsp) sugar. Add to skillet and bring to boil. Reduce heat and simmer gently, shaking pan often, until meatballs are thoroughly cooked and juices are slightly syrupy and reduced by about one-quarter — about 10 minutes. Remove to serving platter.

Hot Apple-Cranberry Drink

(Makes 8 servings)

750 mL (3 cups) apple juice
 500 mL (2 cups) cranberry juice
 1 orange, sliced
 50 mL (1/4 cup) cranberries
 50 mL (1/4 cup) granulated sugar
 1 cinnamon stick, broken, or 2 mL (1/2 tsp) ground
 4 whole cloves, or pinch ground
 4 whole allspice, or pinch ground
 pinch grated nutmeg
 8 cinnamon sticks

1. Place apple juice, cranberry juice, orange slices, cranberries and sugar in a saucepan. Add broken cinnamon stick, cloves, allspice and nutmeg.
2. Heat until sugar dissolves. Serve in mugs with cinnamon sticks as stirrers.

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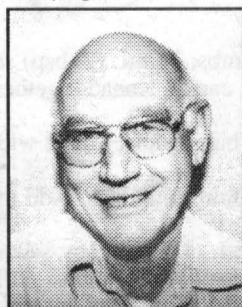
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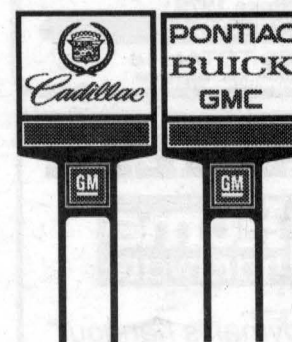
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