

Spring 2004



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Springbank: at the Crossroads Part Two – Erindale Purchases Springbank By Adrian Barek – This Article appears courtesy of "The Medium", The Voice of the University of Toronto at Mississauga

The ever-growing Erindale College has expanded once again. Unlike most expansions, this one does not include the construction of a new building, but rather, the purchase of an existing building. UTM recently purchased the Springbank Visual Arts Centre and the 3.2 acre property on which it sits from the City of Mississauga. The price tag for the building and land was \$1 million. Another unique feature of this expansion is a total lack of student funding, as the entirety of the cost will be paid by the UTM operating budget. The 5,000 square foot building is a municipal heritage building. The structure was originally built in 1922 as Erindale Public School. After educating area children for many years, the school was closed and the building houses the Springbank Visual Arts Centre.

The greatest motivation for purchasing the site is the challenge currently facing people visiting the campus. Anyone who has visited UTM while still in high school to check out the campus can relate to the difficulty of navigating the oneway streets, finding a parking spot, and knowing which building the registrar's office is located in.

According to UTM's Chief Administrative Officer, Paul Donoghue, the

university intends to use the site as a welcome centre. "UTM doesn't have a public face," Donoghue said. "Driving down Mississauga Road, the only thing you can see are residence townhouses, and some people have no idea what is located within the campus," he said. "We plan to use Springbank as a public face for the campus and as a welcome centre."

welcome centre, As а the Springbank building will be the start of campus tours and house public information about the campus, recruitment activities, and an office for the school of continuing studies. Once the CCIT building, residence phase 8, library, and the athletics centre are completed, the construction access road will be converted into a public entrance to the sits adjacent campus that to The Collegeway. Other than the new entrance, there are currently no plans for additional land on the site not currently being used.

Several members of the UTM community expressed similar sentiments as Donoghue about the public accessibility function of Springbank. "When people visit this campus, it can be quite confusing," Adil Mirza, president of the Erindale College ...

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Erindale Village Association Directors 2004:

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A Message From The President By Linda Black

We at the Erindale Village Association (EVA) are proud to offer this Newsletter as a community forum to voice concerns, pass on information and to share stories. We encourage and welcome any contributions. As many of you know or have read in each issue of our Newsletter, our little Village is rich in heritage, some obvious, others long gone. Each snippet of information provides us with an insight to what was, what is and perhaps what will be. So if you would like to share your thoughts, or share a story with your neighbours, please contact our Editor, Matthew Wilkinson or any other member of the Board.

On a more seasonal note...Spring is finally here and as we ready ourselves for

another well deserved and all too brief, few months of warmer weather don't forget to "stop and smell the roses" once in awhile. Should you need a break from your daily routine, or just in need of some fresh air, take a walk around the Village and see if you can find remnants of the past, come to our social functions and mingle with your neighbours — you might learn something neat! At the very least, we urge you to take part in your community and become a part of the "spirit" that makes this area an ideal place to live.

And remember, whether you join in or not, just by residing here in Erindale you are contributing to our heritage. See you around the Village,

Linda Black.

Springbank ... Continued from Page 1

Student Union (ECSU) said. "Springbank will be more visible, convenient, and will create a better sense of welcoming to visitors." Mark Overton, UTM's dean of student affairs, echoed Mirza's comments. "We think it will help put a better public face on the campus," he said. "Instead of visitors trying to find their way to a service in the middle of the campus complex, there'll be a welcoming centre on Mississauga Road that is much more accessible to them."

According to Donoghue, the university has been interested in the property for some time. "The purchase of the centre has developed over a few years. The first phase really took place when we put in the construction access road to give access to vehicles traveling to the CCIT and Phase 7 construction sites," he said. "The road exists on Springbank property, and was placed there by a temporary agreement with the city," Donoghue said. "We needed a permanent agreement to accommodate The Collegeway entrance to the campus that we plan to construct in the future. In discussion with the City of Mississauga and the art centre, we discovered that Springbank has been there a long time and they have reached capacity and were looking to relocate," he said.

Donoghue also noted that the old design of the Springbank building will create an interesting juxtaposition to the modern architectural styles present elsewhere on the campus. The transfer of Springbank will occur in early summer of 2005.

From the Councillor's Office

I would like to take this opportunity to wish you all a happy, healthy and prosperous new year and to express

my heartfelt appreciation for the overwhelming support demonstrated by my friends in the Erindale Village during the recent election. I look forward to assisting you during the next three years!

Our City has experienced phenomenal growth over the past several years. We have already achieved 80% of our goal for both population and employment; within the next few years available land most of the for development will be built out. We have been fortunate to have had significant increases in development revenues to work with during our growth period without having to increase the tax rate, however, as we make the transition to a "Mature City" over the next few years any increases in our expenditures will put pressure on the tax rate. Demands for new services or enhancements will have to be carefully scrutinized, and trade-offs may be necessary to keep our costs forecasted within the post-growth funding limitations. I have long believed that the opportunity for citizen involvement is key, and now, more than ever, I need to hear from you! What services do you value most, and what can you live without? As a distinct and recognizable community, the Erindale Village has unique needs and it is critical that we communicate on an ongoing basis to determine the appropriate community services required to ensure continuous improvement in the future.

Please contact me anytime at 905-896-5700 or e-mail me at <u>nando.iannicca@mississauga.ca</u>.

Best personal regards,

V Jandes Deinices

Councillor Nando Iannicca

Annual EVA Events

Village Garage & Bake Sale Saturday, May 29

Membership Drive Begins May 1

Canada Day Celebration Thursday, July 1

Village Corn Roast Sunday, Sept. 12 (rain date: Sept. 19)

E.V.A. Annual General Meeting Thursday, Oct. 14

Children's Hallowe'en Party Friday, Oct. 29

.....

Also, join us for a **Tour of St. Peter's Church & Cemetery** Saturday, June 19 (Time & Date will be confirmed and distributed by flyer prior to the day, see **Page 6** for more details)

May is Membership Drive Month! By Michele D'Angelo

May is Membership Drive Month. Not only a time of year for spring flowers and warm weather, but also a time when the Directors of the EVA visit all the homes in the association to collect annual membership dues and solicit new members to the association. At this time, we also update the EVA Member DIRECTORY - a good time to catch any spelling mistakes or update any info. So, this May, expect a friendly knock at the door, when one of the Directors will stop by to say a quick spring greeting and sign up members for 2004! See you then! For further information please contact:

Michele D'Angelo at 905-281-1551.

Searching For Old Erindale: The Missing Mills

By Matthew Wilkinson

The establishment of many pioneer villages can be largely attributed to three main factors: hard-working people, the presence of major routes of transportation, and an available source of natural waterpower. We often think in terms of a burgeoning village consisting of a General Store, a Post Office, a Blacksmith Shop, an Inn, a Church and a School. We often fail to include Mills in our historical inventory, likely because many mills have not survived to the modern day. These once vital pioneer industries have faded, over time, into relative obscurity, yet mills provide a vital link to our past.

Mills were often the catalyst that spurred the development of early villages, and in this respect Erindale is no different. The lazy course of the Credit River today belies its importance to the development of Erindale and of Mississauga. To think in other terms, without the "crook" of the Credit River in this location, there would likely be no village. To early settlers, it was advantageous and essential to be located in close proximately to a potential mill site in order to fulfill many of the basic needs we perhaps take for granted today. Water was the only source of power, and as such almost all early industries, and the villages that grew around them, were dependant upon waterpower.

Initial efforts in harnessing water power in and around Erindale led to the construction of a mill-race that ran at the foot of the bank along the southern edge of what is now Erindale park, passed under the Dundas Highway and continued south where it rejoined the river. There were at least eight distinct mills in Erindale, six of which were located along this mill-race. The last of these mills was torn down only in the 1940's prior to the widening of Dundas.

The first mill established, a simple drag saw mill, was built by Thomas Racey about 1822. It was located on the flats just below Nanticoke Road. After Racey was unable to fulfill his financial obligations, his 37.5 acres (which included the future village site and the mill allowance), were put up for auction. John McGill purchased the sawmill and additional land along the millrace. McGill operated a grist mill (possibly already built by Racey) on the north side of Dundas, roughly where the park entrance is today. Further along the millrace, south of the sawmill, a turning mill was constructed. Later, a knitting mill, built by Edwin Turner around 1860, was located along the bank of the hill just to the west of Nanticoke Road and slightly south of the old mill road that leads down to the flats.

One of the few pictures we have of mills in Erindale is of Brown's Flour & Cider Mill (the depression in the bank to the east of the modern O'Neill's Vacuum Store gives the location). It was built in 1903, survived the fire of 1919, but burned itself in 1924.

The stone shell of the mill was torn down in the 1940's. When Brown's Mill was built, the building was two-storeys at road (Dundas) level, but three stories at the back as it was built into the depression. This same depression in the slope also marks the location of an old road that lead to a Flour Mill on the flats below Dundas. Alexander Proudfoot also had an Oatmeal Mill in the 1840s & 1850s on the north side of the modern intersection of Dundas and Dundas

Continued on Page 10 ...

Special Thanks:

On behalf of the E.V.A. Members, the Board of **Directors** would like to sincerely thank Larry and Lisa Kendall for their great generosity and community spirit in printing The Herald newsletter. Kendall Printing has printed the newsletter free of charge for you, its readers! Enjoy!



Upcoming ... Community Garage & Bake Sale Contact Martha Josephian

The Erindale Village Association is once again sponsoring the annual Garage and Bake Sale set for Saturday May 29, 2004, 8:30 a.m. to 3:00 p.m. We will advertise and put out signs. In order to make it look more festive and assist possible buyers locate all participating homes, we ask you to place some balloons at the base of your drive (or grass). We will have a supply of balloons for those that need – please advise us prior to that day. Other than that, all you need to do is mark your merchandise, have ample change and be

prepared to bargain!

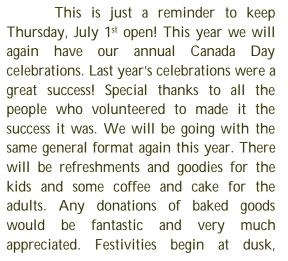
Previous years' bake sales have been very successful in helping to raise funds. So, we are calling upon all bakers to donate goodies again this year. For those who haven't the time or patience, we will accept store bought goods.

This is a great opportunity to meet your neighbours and have some fun! Stay tuned for further details, which will be delivered to every house via a flyer several weeks before the event.



Raymond Josephian

Upcoming ... Canada Day Celebrations!



around 7pm, at the Erindale Community Hall.

We also invite you to come early and chat with the neighbours and get a good spot with a comfy chair to watch the activities. Don't forget donations to the fireworks will be accepted the week of the celebrations at 1580 Adamson or on the day of the event at the Community Hall. Further details and reminders will be sent to each home in June. We are all looking forward to seeing everybody there.

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Mississauga Garden Council 905-279-5878.

<u>Carassauga</u> www.carassauga.com May 28 – 30.

Mississauga Arts Council

Call 905-615-4278 or log on to www.mississauga artscouncil.com for a list of events for the visual and performing arts.

What's On In Heritage?

Contact Heritage Mississauga for a list of upcoming heritage & history related events at 905-615-4415.

Heritage Kite Fly Sunday, June 20

Meadowvale Theatre 905-821-0090

Museums of Mississauga 905-822-1569 "Old Fashioned Strawberry Social" June 20.

"Shakespeare Under The Stars" July 16 & 17.

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Village Skating Party

On behalf of all the residents of Erindale Village, the EVA would like to thank Sandra and Brad Schneller for creating and maintaining a skating rink for all to use, and for once again hosting the annual Village Skating Party. For those of you new to the Village, the Schneller's have very generously opened their yard every winter (for over 20 years!) for our enjoyment. This year is believed to have attracted the largest turnout for the Skating Party yet! See you next year!

Thank you.



Here is a chance to see a different side of Erindale! The Erindale Village Association and the volunteers of the Thompson Adamson Bell Tower Museum invite you to visit St. Peter's Anglican Church on Saturday June 19th, 2004 from 11 to 4 pm for guided tours of this historic church, museum and the two cemeteries!

Join us for a guided tour of the historic St. Peter's Church, Museum & Cemetery!

> The event is free. The EVA will be making a small donation on your behalf to the museum. So mark this date on your calendar and we hope to see you there! For more information, please call Matthew Wilkinson at 905-279-5295. An update and confirmation will be distributed by flyer prior to the day.



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Please drop in, see us anytime and stay for a coffee.

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City Liaison Report By John Johnston

The major issue at the moment is watermains and filling in the drainage ditches. Watermains are the Region's responsibility, while the roads, including ditches, the drainage are а city responsibility. This means, of course, that the project that we are pushing for must be a joint City/Region action. This is not as bad as it sounds because I am assured that these kinds of joint projects are quite common. A survey crew from the Region in the Village recently. They was



informed me that they were getting ready to replace watermains "in 2005". Just where this would be done is not clear but the survey appeared to include Adamson and at least part of Robinson. In contacts with the Councillor's office, I was assured that meetings are being held between City and Region staffs to coordinate this project and we would be apprised of what comes out of these meetings. We will update you as further reports and information become available.



Heritage Kite Fly Festival By Natalie McHaffie, Heritage Mississauga

"All the world flies a kite!" On June 20, Mississauga will too. This "slogan" will soon be seen around Mississauga in displays promoting the *Heritage Kite Fly*, a family event run by Heritage Mississauga. As a heritage organization, we are, of course, interested in more than just a summer's day of outdoor fun, running around and squinting at the sky. The "Kite Fly" will highlight the unique kite traditions of Mississauga's cultures while sharing the joys of flying kites.

As well as their primary and lighter role as playthings kites are artifacts of history. The earliest record of a kite comes from 169 B.C. in China. General Han Hsin used a kite flown above Suruga castle to measure the distance from his besieging army to its centre. Tunneling under the castle walls, his troops successfully took the castle from inside. By the seventh century kites had been used in China, Korea and Japan to carry frightening moaning

hummers at night, archers, fireballs and signals for reinforcements.

In 1908 a radio carried aloft by kite in Africa transmitted battle information to the Eiffel Tower during the Moroccan conflict. WWI saw cameras and human observers flown by kite up to 600 meters above enemy lines and in WWII, German Submarines and American life rafts used kites to carry radio aerials.

Skipping fast over their place in the development of early aircraft, kites have propelled craft from early Samoan canoes to modern kite-surfers. In 1826, George Pocock, an English schoolteacher, patented a kite-drawn carriage that achieved speeds of 32 kph. Charging wildly around the countryside, he was exempt from toll fees, which were based on how many horses, mules or oxen pulled the vehicle.

For more information please contact Natalie at <u>nat.mchaffie@mississauga.ca</u> for more details.

Welcome

On behalf of the residents of Erindale Village, the E.V.A. would like to extend a warm welcome to the new residents of our community. We look forward to meeting you at our many community events and at the Annual General Meeting in October. (Please see page 3 for a list of our events.) If we have missed you we apologize and look forward to meeting you during our annual Membership Drive in May!



UTM is Going Green!

By Stephanie Crocker

The serenity of the forest, the batting eyelids of a deer in the clearing, the scent of ripening raspberries ... the sound of machinery digging up the ground in the distance. This is the University of Toronto at Mississauga (UTM) today.

It is a critical time for the university. Extensive growth is required to meet the needs of an increasing student body. The administration has been forced to consider new ways to satisfy these needs, preserve invaluable green space, and sustain links with the community at the same time. Enlisting the help of outside environmental groups and requesting input from various members of the university are steps in the right direction.

The UTM campus is located on 224 acres on the west bank of the Credit River. The northern portion and eastern periphery of this land is covered by healthy forest consisting of many plant species common to the watershed and to the northern Carolinian forest zone. The campus is home to a major deer population as well as many birds and small mammals.

Most of the developed land is currently contained in a central area interspersed with forest fragments inside the Outer Circle Road of the campus. Under this design, the forest habitat outside this road is mostly protected. However, due to an increase in enrolment at UTM from the current 7,200 students, construction must continue. The CCIT building, to be completed this summer, is the first major project of this current growth period. The UTM community can expect numerous developments in the near future, including a new library, athletics building complete with green roof, visitors' centre, parking structures, a residence, and an improved stormwater management facility.

Created in 2000, the UTM Master Plan details this expansion and contains very specific goals that emphasize the natural environment as well as links with the outside community. Ecological stewardship is an important priority under the new plan, in order to recognize unique ecological features and sensitive areas. Future development is to be consolidated so that similar programs are in close proximity to each other with active exterior spaces between buildings. This will ensure that as much of the natural areas as possible will be maintained. Landscaped areas along peripheral routes will emphasize the university's cultural heritage and blend with the existing rural nature of Mississauga Road. Links with surrounding community will be strengthened by increasing accessibility to UTM campus, particularly the Athletics Centre and day care. Vehicular traffic will be limited at the campus margins so as to minimize the impact on the community.

Naturalization The Steering Committee was created from this cooperation in the spring of 2003. UTM staff, faculty, administration and students, along with representatives from the City of Mississauga Valley and Credit Conservation, have come together with Evergreen to ensure that the natural heritage components of the Master plan are upheld. Their goals are to help develop more efficient and cost-effective grounds management practices, implement naturalization projects with an experimental component with general participation, student and to

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UTM Community Plantings

Friday April 23 (Earth Day) 11:30am - 1:00 pm (Meet along Outer Circle Road, at the parking lot of the Argo's facility)

Saturday May 1 10:30am - 12:30pm (Principal's Road Planting meet at the intersection of Outer Circle Road and the Principal's Road to Lislehurst) ...communicate these efforts to the surrounding community.

The purpose of naturalization projects is to enhance wildlife habitat, increase natural corridors between the forest fragments, control the spread of invasive species and provide buffer zones around areas of high activity. Plants already adapted to this area reduce the necessity for lawn care chemicals, excessive watering, and mowing.

The project has been a success. Since last spring, six planting events have engaged community, staff, faculty and student volunteers. Over one thousand trees and shrubs native to the Credit Valley and Carolinian zone have been planted at various sites on campus. A link between these plantings and academic programming has also been made. Ecology students have had an opportunity to participate in the naturalization plantings, while studying the effectiveness of various mulching methods in naturalized areas, and learning about experimental design.

Considerable naturalization work remains to be done, due to the upcoming developments. building The steering committee will work with landscape designers to influence the plan of landscaped areas and choice of plant species. There will be an opportunity to incorporate volunteer plantings into the larger development projects in order to increase community involvement and to create a more efficient use of funds. UTM has proven that physical expansion does not require the destruction of natural and cultural heritage. The campus will remain a stunning example of the forested Credit Watershed while growing as an institution on the cutting edge of both academics and ecological preservation.

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Erindale Public School Reunion:

Some former students of the Erindale Public School (S.S.#4) are beginning to plan a reunion for former students and teachers, or for anyone else who has fond memories to share.

If you or anyone you know would like more information or would like to volunteer to help plan this event, please contact Mary (Barker) Wilkinson at 905-279-5295 or email: delamaryw @rogers.com

Congratulations to the Community Hall

The Directors of the Erindale Village Association would like to extend their congratulations to the Erindale **Community Hall** and all those associated with the running of the hall over the last 75 years! At the Mississauga Heritage Foundation's annual Heritage Awards Dinner for 2004, the Board of Directors of the Erindale **Community Hall** were presented with a Members Choice Award in recognition of the hall's continuing service to our community. The hall has been a mainstay in our village for the last 75 years! Congratulations on a job well done and best wishes for the next 75 years!

The Missing Millis ... Continued from Page 4

Crescent, on the flats below (perhaps where a modern swimming pool is today). He later concentrated on his extensive milling interests in Halton County, where Lion's Valley Park is today.

Other Erindale mills included the Adamson Sawmill, which operated briefly in the 1850s and was located on the east bank of the Credit River, just south of the Credit River and Mullet Creek confluence. A trace of the short millrace where this sawmill is believed to have been located is evident along the Culham Trail. There is also reference made to a shingle mill on Sawmill Creek in 1880s, but its exact location has been lost (possibly near the Collegeway intersection of the and Mississauga Road today). The name of "Sawmill Creek" also suggests the presence of a sawmill on the creek, somewhere along its course, although the location of this mill is also uncertain.

The mills in Erindale appeared to have all employed an undershot wheel (a wheel which sat directly in the water of the mill race and rotated by the force of the water traveling underneath). Of the various types of water-powered wheels, the undershot wheel was the earliest, and the most prone to difficulty. The wheel was entirely at the mercy of the water current, and spring floods could often damage or destroy not only the wheel, but also the mill itself. The mills themselves outlived their era as technology and materials changed.

Mills were often built of wood (only two in Erindale were at least partly constructed of stone – Brown's and Proudfoot's) and disappeared without a trace. The evidence of the main mill-race has also all but disappeared over time. The creation of the hydro dam and the headpond in the early 1900's and the modern infilling of Erindale Park has obliterated evidence left behind – almost. In the spring, look at the banks along the Dundas slope in the park and you'll find large groupings of stone and concrete - perhaps some pieces of the missing mills? Also, south of Dundas, at the base of the hill along Nanticoke, you might follow the swampy depression of ground that is slowly filling in naturally this 'gully' or trough is all that is left of the millrace and leads past three mill sites prior to rejoining the river. Another two depressions in the ground, clearly evident in the spring, show another two mill sites. One sits just off Nanticoke, the other is just east of the Vacuum Store. And the location of the Racey's Sawmill (the mill that started it all) lies at the base of the access road leading down into the flats from Nanticoke - in the clearing where no trees are growing. Who knows what we might find here if we were to dig! The two stone mills were each torn down in time, leaving no physical evidence behind. Some of the stone from Brown's mill went to build a septic bed adjacent to the old Barker Store (now O'Neill's Vacuum) possibly under the small parking lot. And who knows what lies buried along the bank or under the landfill, or indeed under Dundas itself – is there a grindstone or a mill wheel waiting to be found? All in all, the image that Erindale presents today is entirely different from its industrious past.





Grandma's Stories: Garage Sale from Yesteryear By Renate Kellhammer

"So, that's enough for today!" John decides he wants his supper and disappears into the house. His driveway is the largest one in this corner of Erindale, and he has generously offered it to his neighbours for a "communal garage sale." Tables are set up and chairs spread out for the help. Clotheslines are ready and the barbecue is in place. All is ready. We have signs on the highway in both directions, and coloured balloons show where the action will be. We spent the last two days pricing the merchandise and sticking different coloured tags on the stuff. The morning dawns as the neighbours carry their treasures to John's driveway. "How much for that?" and "Can't you do better?"

"For crying out loud, we're not even open yet!" grumbles John. "See the sign - it says 9am!" The professional garage sale aficionados are on the prowl. "The vultures", Jim calls them. But of course, we want to sell. By nine o'clock there is a healthy crowd. Big Bill appears with a suspicious looking brown paper bag. "I am dry," he says to John. One by one the men disappear into John's basement for a quick nip. They reappear with sheepish grins on their faces. All of a sudden the sales talk goes smoother. "Well, that Jim, he could sell refrigerators to Eskimos" mumbles John. Jim smooth talks an old man into buying one of

John's beautiful old tools. "They don't make them like this anymore!" The customer gladly pays the sticker price. When someone wants to haggle a 25¢ item down to 10¢, Jim tells him to "p . . . off" with a grin.

Young Paul puts his pet rabbit's cage right by the entrance. He ties a big sign on it: "NOT FOR SALE." "Why did you bring him?" asks his dad. "He enjoys company. He gets lonely." Paul replies. The large grey rabbit attracts children and grownups alike. John's wife brings a plate of cookies out of the house, later she makes sandwiches. Later in the afternoon people come back to look for discounts. The big rye bottle is nearly empty and the conversations increase in volume. Most of the stuff is gone and the cash box is heavy. "Are we closing soon?" John's wife asks. All agree. Two ladies who volunteer to count go inside. "She knows her figures. She works for the bank," the others whisper. The total balances, everybody gets their share.

We all go home happy and tired. We didn't make a fortune, but the weather held and we got rid of a lot of junk and had more fun than "a barrel of monkeys", as John would say. Now John and his wife are long gone. Some of the neighbours moved away, young families took their place, and the village garage sale goes on.

Renting the Community Hall

You can rent the historic Erindale Community Hall for your private functions:

For rental information, please contact:

Erindale Community Hall 1620 Dundas Street West Mississauga, Ontario

> Phone: 905-277-8175

> **Fax:** 905-277-4617

Credit Valley Horticultural Society Plant Sale

The Credit Valley Horticultural Society (CVHS) will be holding its annual Plant Sale on **Saturday**, **May 22**, **2004** at the Erin Mills Town Centre from 9:30am to 4:00pm. You will find perennials, native plants, vines, shade plants and more! Cash **only**. Part of the CVHS's mandate is to educate and encourage interest in horticulture and the protection of the environment through scholarships and bursaries. If you have any questions, please contact Linda Black: 905-306-0767.

Good & Healthy Eating!

With Andrea Bourgeois, R.H.N.

I am frequently asked if, it is possible to get enough nutrients from the food we eat due to long transit times and poor soil quality. Although I usually recommend a good quality, full-spectrum multi vitamin and mineral, there is no doubt the bulk of our nutrients can and should come from our diet. The first step is to chose foods that are unprocessed and as natural as possible. Adding fruits and vegetables to the menu is a sure way to boost nutrient content.

SALSA

2 cans diced tomatoes
6 garlic cloves
2 onions, finely chopped
½ cup finely chopped coriander
4 Jalapeno peppers, seeded and diced

1/4 tsp. Salt 1 tbsp paprika 1 tbsp ground cumin Juice of 2 limes

In a large saucepan, place tomatoes and salt. Add peppers, garlic, paprika and cumin. Place over high heat and bring to a boil stirring often. Reduce heat to medium low, uncovered, stirring often for 10 minutes. Stir in onions, and ¼ cup coriander. Cook until most liquid has evaporated, 5-10 minutes. Stir frequently. Remove from heat, add remaining coriander and lime juice. Store in refrigerator for up to one week or freeze.

Preparation time: 15 minutes/ cooking time: 15 minutes. Makes 7 cups - **18 calories per ¼ cup**

Brush a whole grain pita bread lightly with olive oil, cut into thin points and grill in the oven until crisp.

Did you know...? Besides being high in vitamin C and beta Carotene, **Tomatoes** are also high in plant nutrients called Lycopene and Quercetin. They can lower the risk of Cancer, Heart disease, stroke, cataracts and other age related problems. **Coriander** contains antioxidant flavonoids as well as essential oils that help soothe the digestive system and have antibacterial properties.

Andrea Bourgeois R.H.N. is a practicing nutritionist and would be happy to answer your questions at <u>nutriquest@yahoo.com</u>.



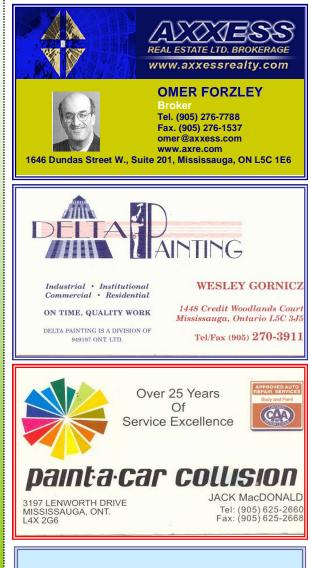
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