

This Issue



Cover:

The latest role has Helen Mirren pondering decision-making and the state of modern warfare. See profile on page 6.

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First Words

By Jane Muller, editor

Look up and smile

There was an unusual sign posted in our neighbourhood recently. It was the kind of homemade sign that usually features a photo of a lost dog or cat. In this case the missing item was a drone.

Had we not overheard a family in the park behind our house in a bit of a panic and searching for a drone recently, the sign would have explained the unfamiliar beeping sound that had disturbed our quiet Sunday afternoon. No worse I suppose than usual neighbourhood noises, just different.

It was only worse because I first had visions of its vision. I assumed that the stray drone was equipped with a camera but that was not the case. It was being flown around the park for fun, much like a radio-controlled plane, which incidentally, also emits an annoying sound.

Though the intentions of this drone operator were innocent, I didn't like the idea that our quiet crescent and

private backyard, could potentially be observed from overhead by strangers. There's enough video surveillance in our world without beeping, peeping drones flying around.

A co-worker spends part of her day observing her child at daycare thanks to cameras at the facility. Parents observe their kids at home from their mobile devices. Baby monitors are now enhanced by video and slicked the slope that has allowed nanny cams to become a concerned parent's tool.

Actor Helen Mirren, featured on this month's cover, stars in the political thriller "Eye in the Sky". The eye is a drone and her character, a colonel in the British army is caught up in a debate as to whether or not to initiate a drone strike. The advancement in drone warfare took Mirren by surprise when she first read the script. She suggests its morality is something we should all keep an eye on.

For Canadians who **KNOW** they are heading south this Winter



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FYI

Escape | Celebrating Garlic

Cultivated for culinary, medicinal and religious use for more than 3,000 years, garlic has earned its respect. Even Eleanor Roosevelt was said to have administered some chocolate covered 'garlic pills' every morning to improve her memory. There are all-garlic restaurants in San Francisco, California and some Scandinavian cities. Chicago, Illinois actually derived its name from a Native American word for wild garlic that grew around Lake Michigan, "chicagaoua".

Several years ago, we meandered through the clove-craving crowd, and encountered Canada's "Garlic Guru" aka the "Fish Lake Garlic Man". He donned a garlic bulb-brimmed red cap and a "Food is Medicine" t-shirt. The late Ted Maczka had been promoting Canadian garlic growers for years. Ted recommended that individuals add six to eight cloves to a 26-ounce bottle of vodka and age it for three to six months. Then "take a shot and it will leave you breathless". When he was asked what the garlic lover can do to neutralize their breath odour, green parsley and red beets were among his suggestions. "However, the more of us eat garlic, the less offensive it becomes," he proudly asserted.

Purchasing home-made "nibbler" tickets, we proceeded to sample a vast array of garlic-infused foodstuffs. Everything from garlic chicken to garlic fudge can be consumed at this active non-licensed venue.

Other than the obvious palatable benefits, garlic is a natural insect (and occasionally human) repellent, not to mention an effective vampire deterrent. Who would think that this fragrant entity is a member of the lily family?

Garlic (*allium sativum*) is a multi-purpose health booster with the ability to stimulate and support immune function and aid digestion. Used medicinally to detoxify the body by cleansing the kidneys, the benevolent bulb also reduces high blood pressure, lowers cholesterol and possibly some

GarlicFests

Nine festivals celebrate garlic across the province

**Story & Photos by
Alan Luke & Jacquie Durand**

"If you bring a casserole that you've used three or more cloves of garlic in and a recipe, you can get in free," says Mary Stefura of Sudbury's annual garlic festival. Founder and friends have celebrated their "garlic gala" for the past 25 years as the official Cana-

dian Garlic Festival.

Originally a gathering for all ages, it attracts an average of 3,000 patrons of the "stinking rose". It was initially created as a fundraiser for the Ukrainian Seniors' Centre. Mary still possesses the wooden garlic masher her grandmother brought from the Ukraine in 1922. With 70-plus sponsors currently supporting the festival, it has

not only sustained its popularity but has assisted in the sustainability of Ontario garlic growers.

The City of Greater Sudbury has continued to mine nickel while also extracting this aromatic white nugget for all of its benefits. Since its inception, eight other garlic festivals have emerged in Ontario to please those with a penchant for the pungent.

cancer occurrences. Furthermore, studies have concluded that it cuts plaque formation in coronary arteries thereby reducing the risk of heart attacks.

A host of healthy garlic vendors are present during this ambrosial encounter, including the “Garlic Guy”, “Garlic Man” and “Garlic Lovers” who offer their garlic-enriched fare and wares. Similar to hair braiding, demonstrators applied their braiding techniques by artistically entwining strands of the firm pearl white bulbs. Al Cowan, garlic braider extraordinaire, tours the Ontario circuit telling us “festivals are great for promotion, a large number are repeat customers and many get their year’s supply, both seed and table.”

The two-day Perth Garlic Festival was rated in the World’s Top 5 Garlic Festivals by VirtualTourist.com. “The festival continues to have an overwhelming response from our vendors which indicates we will continue this project for an unlimited time to come,” explained Jerry Sawdon, festival chairman.

Strolling on the fairgrounds, we acknowledged the festival’s motto emblazoned on t-shirts: “It’s chic to reek” with a smiling garlic “Budd” logo. Other t-shirts extolling the virtues of the multi-faceted bulb include: “Garlic is as good as ten mothers”. Munchin’ and minglin’ with the convivial vendors we acquired several samples of assorted sauces and spreads. In search of the roasted garlic fudge, we came upon a “hot chocolate” version of the chocolate fudge laced with chili peppers. This proved to be an addictive, sweet garlic-laden confection with a bite.

Also located near Ottawa and held on the same weekend is the Carp Farmers’ Market Garlic Festival. The dog-friendly and wheelchair accessible grounds include the 28 garlic vendors offering 60 varieties of locally grown garlic contributing to a “fresher by a country smile” atmosphere.

Stratford has officially developed into an “arts and eats” town with this year’s 10th Annual Garlic Festival kicking off their

Culinary Week.

“Stratford has a proud history as a culinary destination with locally grown food, wonderful restaurants and an outstanding Chef’s School. We like to think they all run on garlic, not the fumes but definitely by green means,” stated Ron Deichert, Festival Coordinator. At this festival one can even indulge in a non-alcoholic shooter for a quick garlicky fix as the Stratford Police Pipes & Drums perform live on the grounds.

There are five-hour “garfests” in Verona (north of Kingston) and Newmarket (north of Toronto) and a six-hour affair in Haliburton County. The former features products from the Frontenac Farmers Market and a children’s centre with arts and crafts, as well as a miniature train ride and mini-golf. The Newmarket festivities highlight garlic seminars and cooking demonstrations. Niagara is hosting its fifth annual festival. For a “smelly good time” one may sample three different flavours of garlic ice cream and assorted bulbs including Candy, Elephant and Music garlic.

Toronto hosts a fall garlic festival which features more than two dozen chefs and garlic farmers. Festival director and author of the impressively illuminating book: “Ontario Garlic: The Story from Farm to Festival”, Peter McClusky, informed us that garlic is the true celebrity of the festival. His festival has even incorporated a worst (or best) “Garlic Breath Contest” in which the Ontario Science Centre officiates. With a quasi-garlic breathalyzer they gauge volatile compounds that determine the veritable stinker or rather, victor of this fragrant competition.

Ontario has nine of the 17 garlic festivals held across Canada. One does not have to be a garlic grower, gourmet or even a gourmand to become ensconced in any of these truly “scentsational” Ontario Garlic Festivals. Yet you will be officially assimilated into the world of garlic once you have experienced a genuine “garfest”.



Garitini:

- 2 jiggers of gin (3 oz.)
- ½ teaspoon dry vermouth
- 1 garlic stuffed olive
- 2 pickled garlic cloves for garnish

Combine one cup of ice cubes with gin and vermouth in a cocktail pitcher; stir well and strain into a martini glass.
(...drink and repeat...)

If You Go

Ontario Garfests 2016

CHRONOLOGICAL CALENDAR

Perth, Ontario

18th Annual - August 13 & 14, 2016
www.perthgarlicfestival.com

Carp Farmers’ Market:

16th Annual - August 13 & 14, 2016
www.carpfarmersmarket.com

Newmarket, Ontario:

16th Annual - August 20, 2016
www.newmarket.ca

Haliburton, Ontario:

9th Annual - August 27, 2016
www.haliburtongarlic.ca

Sudbury, Ontario:

25th Annual - August 28, 2016
www.sudburytourism.ca/index

Verona, Ontario:

10th Annual - Sept. 3, 2016
www.veronalions.ca

Stratford, Ontario:

10th Annual - Sept. 10 & 11, 2016
www.stratfordgarlicfestival.com

Niagara Falls, Ontario:

5th Annual - August 29, 2016
www.niagaragarlicfestival.com

Toronto, Ontario:

6th Annual - September 18, 2016
www.torontogarlicfestival.ca

Garlic Growers Association Ontario:

www.garlicgrowers.on.ca