

New children's book series based on tales from an Assiginack farm

by **Alicia McCutcheon MASSEY**—Many will remember the Halliday family and their menagerie of animals on their Assiginack farm located near Rainbow Ridge Golf Course. That special time has caused pharmacist and author Lynn Halliday to capture it in writing with a children's book series, 'Goat Tails,' featuring the adorable and mischievous goat Scruffy and his barnyard friends. The first book in the series, 'Scruffy Finds His Way,' is available now.

Ms. Halliday explains that Scruffy is an amalgamation of all the family goats. "(Goats are) great characters because they do

such zany things," she notes of her muse.

The author lovingly recalls her time on the Assiginack farm, calling it a great growing place for children and adults alike with plenty of learning opportunities at every turn. The farm will also be fondly remembered by many a 4-H'er who would have attended meetings there.

At its heart the 'Goat Tails' series is about the adventures of Scruffy the goat, who is forever getting into trouble as only goats can, and life on a family farm.

"I present, in story form, a picture of children," Ms. Halliday explains. "Child-

ren, like goats, are curious. We can teach lessons from this little goat—to be loving, treasure and teach your children—that no matter what they get into, they're still loved."

"(Scruffy's) mischievous and rash behaviour got him into tons of trouble, but along the way he discovered that no matter what he did, no matter how lost he felt, the Maker was there, waiting for him to ask help," the book backgrounder notes.

One of Scruffy's adventures is based on a real-life tale from the farm. One of the Hallidays baby goats went missing for seven days after it had escaped, tearing off across the nearby golf course. Despite the pleas of 'Stop that goat!' and the golfers' valiant attempts, the goat disappeared into the bush. For seven days, the family brought the mother out on a lead when she would bawl for her baby to come home. Seven days later, the little goat finally returned to his mother's cries, unscathed.

Ms. Halliday has also authored two non-fiction books about her own adventures, 'Stuck on the

Rocks Again' and 'Finding His Way.'

The Goat Tails books are available at print Shop Books at The Expositor Office, at Remedy's Rx drugstore in the Espanola Mall and at Robinson's IDA in downtown Espanola. Ms. Halliday's second book in the series, 'Super Scruff,' will be out later this summer.

For more on Ms. Halliday and her works, visit plynnhallidaybooks.ca. Fun 'Goat Tails' activities and contests can also be found there.



Lynn Halliday showcases her children's book 'Scruffy Finds His Way.'



The title character, Scruffy, finds himself in a messy situation.

It was a cool, rainy day, perfect for spending time in the kitchen to make ahead meals. I always like back-ups in my freezer for days that I just don't have time or I'm "not feeling" the cooking part! The recipe is a hit and makes extra. Perfect.

Beef Barley Kale Stew

This stew is comfort food at its best—rich and satisfying, hearty and healthy. I doubled the recipe and the next day had to add extra liquid because the barley had thickened the stew even more.

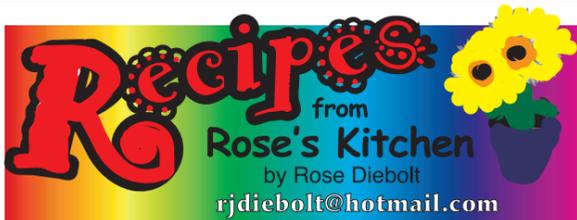
2 pounds of stewing beef, cut roughly into 1-inch cubes

- Oil for frying
- 2 onions, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 leeks, chopped-optional
- 4 garlic cloves, chopped
- A 5.5 ounce can of tomato paste
- 8 cups water
- 2 cups of red wine
- 2 tsp salt
- Freshly ground pepper
- Dried oregano, thyme to taste (start with 1 tsp of each)
- 1/2 cup of barley
- 1 bunch of kale, tough centre ribs removed, leaves cut into small bite-size pieces

Heat your largest thick-bottomed pot over medium-high heat. Add some oil to cover the bottom thinly. In batches, add the beef, without crowding the pan and fry until browned. Set aside each batch of the beef until each piece has been browned. Leave any of the browned goodness in the pan.

Add the onions, carrots, celery, garlic, tomato paste, water, wine, dried spices, salt and pepper.

Return the beef and any juices to the pot. Stirring



occasionally, bring it to a boil, then reduce the heat to a simmer. Cover tightly and gently simmer for 1 1/2 hours, stirring now and then.

Stir in the barley and cook at a simmer for another hour or a bit longer until the barley is tender.

Stir in the kale, cover, turn off the heat and let it rest just long enough to wilt the greens, a minute or two. Serve.

*Refrigerate the stew for up to six days in the refrigerator. To freeze portion in containers for up to 30 days.

Falafel Burgers

Chickpeas tend to be dry and falafels are a hit or miss for me because if they are not made right they can be dry. It's called eating sawdust! This recipe is great and the chickpeas do make a great burger. The spices are really important because that is what gives them the thumbs up! Of course, double the recipe and freeze the extra burgers.

- 4 cups cooked chickpeas
 - 1 onion, chopped
 - 3 garlic cloves, chopped
 - Oil for frying
 - Handful fresh parsley, chopped
 - 3 Tbsp ground fennel
 - 1/2 Tbsp coriander powder
 - 1 Tbsp cumin
 - 1/2 Tbsp salt
 - 3 Tbsp lemon juice
 - 1 egg
 - 1/8 cup olive oil
 - 1 Tbsp maple syrup
 - 1/4 cup oats (grind into flour) or 1/4 oat flour
- Sauté the onions and garlic in a little bit of oil until softened and lightly browned.

Add the chickpeas,

onions, garlic, egg, lemon juice, maple syrup, olive oil, parsley, oat flour and all the spices into a food processor and blend until almost smooth. If it is really thick add a little bit more olive oil or lemon juice or water.

Form into patties and fry in some oil.

*Freezing the extra—place the patties on a parchment paper lined cookie sheet. Freeze then place in a container for later meals.

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