

ers who achieved new AA which are the qualifying stan- r the BC Provincial Trials, Emily Carwithen, Renee eaux, Chelsea Dobbelsteyn, France, Katie Kuss, Jenny yce McRae, Connor McRae, erson, and Linda Van Hage. AAA times, which qualify rs for BC Provincial Cham- os, came from Kelsie en, Jenny Lock, Bryce Travis Musgrave, and Tim a.

this meet, the Sharks had a ive Meet in Campbell River umber 22, and then go on to est of the season at the nd Racers FastSwim Classic umber 7 - 9, where they will be st most of the major compe- B.C.

# Hyland

UPPER ISLAND  
MEN'S CRIB LEAGUE  
STANDINGS AS OF NOV. 12

	G	W	T	L	Pts
	7	6	0	1	12
	7	6	0	1	12
gion	6	4	1	1	9
	7	3	0	4	6
	7	3	0	4	6
	7	3	0	4	6
	7	2	1	4	5
	6	2	1	3	5
	6	2	0	4	4
	6	0	1	5	1
	G	W	T	L	Pts
	7	5	0	2	10
	7	4	2	1	10
	7	4	1	2	9
	7	3	2	2	8
on	6	3	1	2	7
	7	3	1	3	7
	6	2	1	3	5
	6	2	1	3	5
	6	2	0	4	4
	7	1	0	6	2



together. It became the custom to make the Christmas puddings on the Sunday nearest St. Andrew's Day, November 30.

In the book of Common Prayer for the Church of England, the Collect (or prayer) for that day began, "Stir up, we beseech Thee, O God, the wills of the faithful people; that they, plentifully bring forth the fruit of Good works, may of Thee be plentifully rewarded."

Since this Sunday became the day women would make their puddings, it became known as "stir-up Sunday." As their mothers were stirring up

Christmas pudding, why not buy o from a Soroptomist? The Courten Soroptomists began to "stir up" th batches of puddings back in 19 (pictured above).

Photo from a private collecti

raisins, currants, fruit peels, nuts an spices, little boys could be heard throughout the village chanting:

*Stir up we beseech thee  
The pudding in the pot  
And when we get home  
We'll eat the lot*

## Father Brandt's recipe for peace within nature

### BOOK Review by JUDY HAGEN

#### SELF AND ENVIRONMENT

By Father Charles Brandt  
(Fifth in the "On Retreat" series,  
published by Medio Media/Arthur  
James, London. 63 pages, \$11.95)

Father Charles Brandt is a hermit priest who lives on the Oyster River. He arrived in the valley over 30 years ago to join the St. John the Baptist community of hermits.

In this small book he shares his methods of contemplation and the journey that led him to his "Hermitage."

In today's hectic world we need to "sit still in our rooms." We need a time to rest. "These are not escapes from reality but ways of becoming more deeply attuned to reality, respecting its way and trusting the inherent wisdom of nature."

Father Brandt has had a lifelong interest in nature, especially birds,



and has been honoured for his environmental work with the Cal Woods Environmental Award and the Haig-Brown Conservation Award.

This is a "self-help" book, with suggestions of philosophers and environmental writing that will help modern man become attuned to nature.

"Meditation," as Brandt explains, "is simply learning to pay attention."

There will be a book signing for "Self and Environment" at Blue Heron Books, Comox, this Saturday Dec. 6, from 2 to 3 p.m.