



July 11

I made a trip to Haein temple yesterday with Karen, my co-worker. She's from Toronto. The bus ride to the inter-city bus terminal took almost an hour, and the bus ride to the temple took about an hour and a half. I didn't mind it, however, because the Korean countryside is very green this time of year from the rice fields and mountains.

I think all of the mountains in Korea are forested, and when any trees are harvested they are replanted. I guessed this because sometimes the trees were growing in unusually straight lines.

The temple (and the park it's located in) is on a mountain, so it was a hard climb for the bus along a narrow road with many bends. The driver wasn't shy about introducing his bus to the other side of the road, so it was a little harrowing at times.

The park was much cooler than the city, probably because of all the larger trees. There weren't a lot of people when we first arrived, but the number soon picked up, supplemented by dozens of boy scouts and girl guides, all of whom like saying "hello" and having their picture taken.

The temple consisted of a number of wooden buildings (it's the largest in Korea) in the oriental style of elaborate fluted roofs with intricate designs of fish, dragons and other designs. The sides of the buildings also had paintings of scenes concerning the Buddha (and possibly some famous monks - I'm not sure).

The biggest attractions of Haein Temple are the wooden tablets on which are carved the Buddhist canon in Chinese. These number in the thousands and are kept in two long buildings and two smaller buildings. Only the monks enter those buildings, but the carved blocks can be seen through the well-ventilated walls.

The best part of the temple, for me, had nothing to do with carvings or golden statues of Buddha, but was a small stream that ran through the forest and under a bridge. There was a path that led to the stream, so we walked down the incline and sat on some stones that the stream ran around. I sometimes hear people talking of the inner peace they reach through Christianity or Buddhism or whatever-ism, but that one simple brook calmed me more than any tonic of the human imagination.

July 17th is a holiday, so I am going to Kyung-Ju (which used to be the capital of Korea about 900 years ago) with Kim Hee, a woman who used to be my student, her children (possibly), and one of her co-workers. We are going to sight-see and have a picnic. Picnicking is very popular here in Korea. I'm looking forward to it.

Love over distance, Marcus

The Centless Apprentice

In 1993 I was required to withdraw from UNB. Since I had absolutely nothing to do, I decided to attend cooking school. When I re-entered the university community this year, I noticed most of my friends relying on expensive fast food or cheap non-nutritious convenience foods like K.D.

Many times I suggested they could do better cooking for themselves, and every time I was met with blank stares or sighs of indifference. When I mentioned they would have more money for beer & pot, I noticed an improvement in their attentiveness, but a lack of know-how was still a roadblock.

Hence the idea for a column providing students with the ways and means to feed themselves affordably and, at the same time, meeting their basic nutritional needs.

In this week's column, I will provide lists of the basic food stuffs and tools required for convenient, satisfying home cooking:

FOODSTUFFS

- flour
- butter
- oil
- garlic
- tomato
- onions
- potatoes
- celery
- carrots
- cheese
- oxo cubes
- pasta, rice
- spices (your favourites)

TOOLS

- paring knife (sharp)
- chef's knife (sharp)
- whisk
- wooden spoons
- potato masher (not just for potatoes)
- vegetable peeler
- big frying pan (at least one)
- 2 bowls
- 2 pots (with lids)
- casserole dish
- baking sheet
- cutting board

As far as foodstuffs go, most of the items are cheap and will last quite a while because you may only need small amounts. (Also, many of these things can be easily concealed in your laundry bag the next time you visit home.) Same with the tools.

A note on the tools: you can get by without them but your results will be much improved with them.

Recipes are my own adaptations or are taken from standard cook books. I will quote an approximate price per serving based on what it cost me to make the meal, and I promise not to supply any recipes I haven't tried myself.

But remember, recipes are only a guideline: substitution and variation are encouraged. Be inventive, but use common sense. It is better to add a little at a time because once it's in there, you can't take it out.

In the next column, I'll outline some basic cooking techniques & answer any questions you send me*. Until then, have a cool weekend, eat, drink and be merry and try to be kind to everyone (even your profs).

* Submit your questions for *The Centless Apprentice* to *The Brunswickan*, Room 35 of the SUB, attn: *Distractions* Editor, or email q13h@unb.ca.

by Tim Tedford

books

UNB literary magazine celebrates 50 years of magic

Fiddlehead Gold: 50 Years of The Fiddlehead Magazine
Sabine Campbell, Roger Ploude and Demetres Tryphonopoulos, editors
Goose Lane Editions

In his biography of *The Fiddlehead*, Robert Gibbs says, "Going through the issues of the 1950s, I was struck again and again by names that meant nothing to me when they first appeared...names like Alfred Purdy, Alden Nowlan, Milton Acorn, Jay MacPherson, and Miriam Waddington...It was fun coming across [William Stafford] again, as well as M.E. Atwood."

The Fiddlehead is celebrating its 50th anniversary, and *Fiddlehead Gold* is a special anniversary

anthology featuring the work of well-loved artists such as Alden Nowlan, Margaret Atwood, David Adams Richards, Carol Shields, Alistair MacLeod, Robert Kroetsch, Joy Kogawa, Karen Connelly, and many more.

Some of the biggest names in Canadian literature got their start in *The Fiddlehead*, and send their greetings for the occasion: "It was always a listening kind of journal, an ear placed at a distance from the hubbub and able to hear what the centre, often, was not willing to listen in on," says Robert Kroetsch.

