

The Lighthouse Cookbook by Anita Stewart

This delightful book left me with the feeling of having a reunion with friends, sitting about the table in a cosy kitchen, looking out over the vista provided by a lighthouse locale. Its illustrations—individual sketches of the lighthouses—convey a sense of sparse landscape and isolation of the sites; the homey commentary accompanying each recipe section creates a feeling of intimacy with the lives of those who compiled this book.

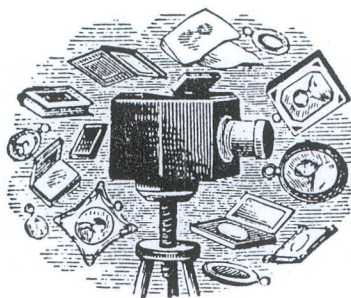
The narrative portions are chock-full of fascinating historical nuggets and lore of British Columbia, cooking tips, and appealing portraits of the people involved with the Coastal and Inside Passage lighthouses. Romance, drama, tragedy and heroism—readers will find the hallowed mystique of lightkeepers maintained, yet reconciled to the realities of contemporary life. Dedication and self-reliance blend with modern technology into the team spirit of the Service; even Santa adapts—arriving by icebreaker, helicopter or cutter.

Although primarily a collection of British Columbian lightkeepers' recipes, Canada's traditional "home cooking" [Scottish and English in style] is represented along the 150-plus entries, since keepers come from all over, and do change stations. Recipes run the gamut from "old-fashioned" standbys: Crusty Cheese Biscuits, Basic Salmon Loaf, and Currant Bread, to classic or unusual gourmet specialties, demonstrating the influence of Asian and French Canadian cuisines. Many recipes reflect the use of foraged, hunted or home-grown foodstuffs: Cipaille (hare, partridge & pork pie), Pickled Kelp Rings,

Chanterelle Souffle', and are enhanced by practical tips: "If you don't have a ready supply of full-flavored duck eggs, substitute five large hen's eggs..."

For you faithful lighthouse-lovers, this book provides an opportunity to inoculate any presently uninterested significant others with marvelous minutiae which will innocently launch them into being full-blown buffs like yourselves. Just try a recipe or two, then—have them read from the book whilst munching—they'll be hooked!

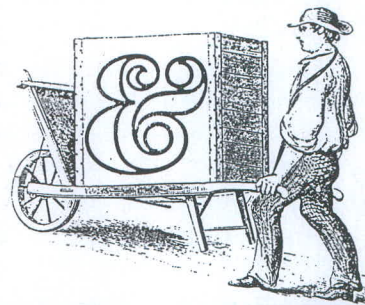
Published by Harbour Publishing Co., Spiral Bound, soft cover: 9½" x 6¾", 150+ pgs., \$16.95 + S&H.



Video Review By Wayne Wheeler

Documentary filmmaker David Wittkower, of Rockport, MA, has captured the end of the era of manned lighthouses in his 17 minute film *Sentinels of the Sea*. With one exception the film *Sentinels of the Sea*. With one exception the film covers the end of the era of New England lighthouses with some remarkably romantic footage, personal interviews with people involved with preserving the history of lighthouses as well as those doing the automation. Interviews include the thoughts on the passing era by Connie Small (author of the *Lighthouse Keeper's Wife*) Ken Black (director of the Shore Village Museum and the first person in this country to realize the need to preserve lighthouse lore) and Sarah Gleason who has been heavily involved with the lighthouses of Rhode Island and is about to publish a book on the lighthouses of her state. The film captures the charm of the New England coastline, details history and explains automation. It's an excellent educational film, one that should be part of every

school's film collection. Copies of the film are available in VHS or Beta through the Keeper's Locker at \$29.95 including postage and handling.



Family members Chuck & Joann Morton of Hayward, CA recently tied the knot with a deLIGHTful wedding cake. Chuck has volunteered to clean up the USLHS Bulletin with his laser printer.

Photo by Richard Knudson

Lighthouse Exhibit Available From Coast Guard

The U.S. Coast Guard offers museums traveling exhibits of Coast Guard paintings, including one on lighthouses, that may be of interest to "Keepers Log" readers. Each exhibit consists of approximately 15 paintings. The lighthouse exhibit includes depictions of: Ambrose Light in New York; Portland Head Lighthouse, in Maine; Point Arena Light and San Luis Obispo Lighthouse in California; Ledge Light in Connecticut; Tybee Lighthouse in Georgia; and others.

The paintings are the works of established artists who donated their time and talent to develop paintings of