

One Hundred Mile Diner holds grand opening

Warkworth restaurant features local produce

By BOB OWEN
lowen@xplornet.com

COLBORNE CHRONICLE
JUNE 26/08

The concept isn't entirely new, but it's new to this area. After reading about a growing movement among restaurants in larger centres to buy locally, Phil Smith decided it was time he got involved.

On May 13, he opened the doors of the 100 Mile Diner in Warkworth.

The former Toronto resident with years of experience in the food industry was looking to continue his first love and open a food service business. It seemed more logical to locate it in a rural area closer to the producers.

Five weeks ago, he set up shop and began buying as much of his food as possible locally. He's willing to go as far as Durham, Kingston and Peterborough to find what he wants, but he's happier if his suppliers are much closer.

Skimming his menu on grand opening day last Thursday, he notes that his bread comes from Doohers Bakery in Campbellford, his hogs from Godden's Whole Hog Sausage in Bradley Bay, the hams and chickens area bought from Hay's Custom Cutting. The eggs are from around the corner at Laver's; his steaks and burger meat are a few kilometres away at Glover's.

The cheese on his dinner menu hails from Empire Cheese and the trout swim in a local trout farm until he needs them. Church Key beer is on tap in his licensed restaurant, and his patrons drink Mill Valley water. The corn bread is made in-house.

Mr. Smith is hoping to talk to the vintners at Oak Heights Winery and plans to head down to Prince Edward County to test out some of their vintages to add to his wine list.

He admits it's been a bit of an adventure adding local producers to his list of suppliers. It would be easier to get on the phone and have it all hauled in by refrigerated truck.

Mr. Smith figures his menu is 65-per-cent local before the harvest begins. After that, the percentage will soar. He is using the Northumberland County Guide to help establish what he can get when.

Some things simply can't be obtained from local suppliers.



Phil Smith has launched an environmentally friendly restaurant in Warkworth.

Coffee is problematic. He is currently buying fair trade organic coffee from a company in Guelph.

The move for Mr. Smith and his wife Pamela Forgrave has been everything they hoped for and more. When their first child, Lowell, was born the couple decided the city wasn't the place for them.

They moved to their new home near Campbellford, where they now live with Lowell and their second child, Makeda.

Mr. Smith said he is thrilled about the support he is getting in his new business community.

"The Warkworth scene is all it's advertised. As a new businessman, it's been great. People are here to work. The community is great; it's a great little town," he says.

Chef in his new venture is Lee Beaudoin, known to many in the area through her work at The Café, Island Park and Lee's Catering. Her strengths are in her exploration of flavour and her ability to mix traditional fare with ethnic fusion. It is also Ms. Beaudoin's baking the customers devour every day.

Mr. Smith promises the dinner menu will evolve to meet customer tastes and to accommodate seasonal availability. Freshness and

quality are guaranteed.

There is a full range of entrées in the brunch and lunch menus. Dinner entrées range from \$9 to \$23 and include chicken magnolia, rib eye steak, trout Napoleon, pastas and some dishes unique to the 100 Mile Diner.

The restaurant and back patio are open from 11 a.m. to 3 p.m. Tuesday to Thursday, and from 11 a.m. to 9 p.m. on Friday. It is open from 9 a.m. to 9 p.m. on Saturday, and from 9 a.m. to 3 p.m. on Sundays.

As he settles in, Mr. Smith hopes to offer offsite catering, and move the bar to the front to make the dining experience more intimate. During the fall and winter, he plans to offer theme nights, wine tastings, bring in some singer/songwriters to perform - anything goes.

"I want the community to own the place," Mr. Smith says.

The 100 Mile Diner is located at 17 Main St. in Warkworth. Call 705-924-9605, e-mail info@100milediner.ca, Web site www.100milediner.ca.

Rotary's \$40,000 put at risk

Rotary estimates their annual auction and dinner dance also generate about \$30,000 for worthy causes. The club viewed the cancellation of the catering services as a violation of their contract and met with township Chief Administrative Officer Christie Alexander and Community Services Director Terry Scott to hammer out a deal. Following the meeting council agreed to pay the club \$1000 toward event entertainment, waive fees for key events and turn over the arena for the annual auction for three years.

Mayor Marc Coombs said more discussion was needed about the future of the community centre. "We need to have the user groups and the different opinions on the use of the Keeler Centre around a table," he said.

Rotary made a \$40,000 pledge toward the building of the centre in return for naming rights to the hall and an agreement to use the Keeler's catering service and liquor license to help raise the money, and are about halfway to its target. "If we can't continue our fundraising efforts at the Keeler Centre, how on earth are we going to pay off the pledge?" asked Mr. Spence.

Continued from page 1
Colborne Rotary president Glenn Spence questioned the financial rationale behind the decision. "Personally, I think future usage of the hall will probably decrease," he told *The Independent*. The club president said Rotary depended on the Keeler Centre's catering services to organize regular fundraisers for the centre

Local News/ Comment

Colborne medical practice widens

Continued from page 1

Laurie Deviney also manages stable chronic illnesses like high blood pressure and diabetes.

Social worker Janice Austin is in the office twice a month and assists patients with anxiety, depression, parenting, teen pregnancies. She also provides senior support and couple counseling to roster patients who book through the Colborne office.

Sarah Reubin is the staff dietitian. Consulting a professional in private practice could cost a patient over \$100. She is in the Colborne office available to the 1,518 roster patients twice a month for no charge.

No one is working in isolation.

As nurse practitioner, Ms. Deviney says, "It's about having the right professional handling the problem for the right reasons."

It's all about providing more care than a doctor in a small community could expect to offer, and to a greater number of patients.

In a June 19 interview, Dr. Hearnden stated, "We can provide more varied and supportive care with other members of the team. We hope to steadily expand and offer more and more services."

With the shifting work load, the practice may even be able to take on more patients - good news for some of the many orphaned patients in this area.

She sees a lot of diabetics and people with heart problems as well as patients with ulcerated colitis and Crohn's Disease. If patients are concerned about weight loss, she is there to assist. She can also provide guidance for wellness-related dietetic issues.

Student nurse practitioner Stephanie Ross is learning her trade as she assists in the office. Already an RN, the Northumberland native is upgrading her nursing skills as she builds her career.

Having so many professionals to consult fosters a collaborative approach. Social worker Janice Austin sees many positives in everyone working together when the patient arrives in the office.