

Therapy of the Grill

Your Guide to **SUMMER LIVING**

Always remember to wash hands, and utensils

side portions as they thaw. This keeps the outside from cooking before the inside thaws. Once defrosted, make sure you cook the food immediately.

6. Wash hands, utensils, and working surfaces thoroughly with hot water and detergent, then sanitize (e.g. with 1 tsp bleach in 3 cups water) after handling or preparing raw meats.

7. Remember to keep raw and cooked foods separate throughout the meal preparation process: storage, preparation and cooking. Always wash plates and utensils used for raw meat or poultry before using them for cooked meat or other foods. Prevent cross contamination by using separate cutting boards for meats and poultry, fruit and vegetables and breads.

8. If you're using a marinade as a sauce to serve with meat after cooking, reserve that amount before marinating. Never re-use marinade that was used for meat.

9. Heat up the grill first. Heating the cooking surface kills bacteria that live in the barbecue between uses.

10. Cook meats thoroughly until juices run clear when pierced with a fork. You can also use a meat thermometer to get the doneness just right.

11. Keep hot foods hot and cold foods cold. Seems simple enough, but remember that in the summer the temperature outside is much warmer than at other times of the year, providing a haven for multiplying bacteria.

Wine Markers

Bestow upon your glass a mark of distinction. A charming way to identify your glass in a crowd.

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106 Main St. N., Markham 905-471-7820

MARKHAM July 11th - 13th, 2003

Rotary Ribfest & Blues Festival

Markham Fairgrounds
10801 McCowan Road (at Elgin Mills Road), Markham

Friday, July 11th 4:00pm - 11:00pm
Saturday, July 12th 11:00am - 11:00pm
Sunday, July 13th 11:00am - 8:00pm

Free Parking Free Admission

The RIBBERS THE BANDS Family FUN

Discover award-winning ribs prepared by some of the finest Ribbers in North America!

- Bad Wolf Barbecue:** Kansas City, Missouri
- Billy Bones BBQ:** Saginaw, Michigan
- Stickyfingers:** Providence, RI
- The Purple Pig:** Aurora, Ontario
- Camp 31:** Brewton, Alabama
- Bibbs BBQ:** Naples, Florida



VOTE for your favourite Rib Team as they compete for the best ribs, best sauce, presentation and the "Peoples Choice" award.

You can also enjoy Hamburgers, hot dogs, shrimp kabobs, lobster, oysters and more!

Molson Beer Tent

Corporate Sponsors

Live blues music on stage all weekend! Featured performers - Danny Marks & the Markham Ribfest Allstar Band together with 13 great bands.

Day	Band	Time
Friday, July 11th	Sofa Kings	5:30pm-6:30pm
	Mark Stafford	7:00pm-8:00pm
	The Royal Crowns	8:30pm-9:30pm
	The Tone Dogs	10:00pm-11:00pm
Saturday, July 12th	Grant Lyle	12:00pm-1:00pm
	The Royal Crowns	1:30pm-2:30pm
	Mark Stafford	3:00pm-4:00pm
	The Tone Dogs	4:30pm-5:30pm
	The Bee Bop Cowboys	6:00pm-7:30pm
	Michael Keys Allstar Band	8:00pm-9:00pm
Sunday, July 13th	Danny Marks & the Ribfest All Star Band	9:30pm-11:00pm
Sunday, July 13th	Markham Men of Harmony	11:00am-12:00pm
	New Raw Blooze Band	12:30pm-1:30pm
	Grant Lyle	2:00pm-3:00pm
	Bee Bop Cowboys	3:30pm-4:30pm
	Steve Burnside & The Original Marquis	5:00pm-6:00pm
	Cottonmouth	6:30pm-7:30pm

- Children's Amusement Rides
- Community Safety Village featuring Police and Fire vehicles, and Police helicopter
- Rock climbing
- Local crafters, artisans and more!



The Rotary Club of Markham Sunrise

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