

Sauces big part of Korean cuisine

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I've been served as many as 10 of these side dishes (in small ramekins) meant for sharing with everyone at the table.

Sariwon offers seven dishes ranging from very hot to sweet to sour. Trying to identify the component parts of these side dishes is futile — just proceed with caution and try them all.

Most of the dishes are some form of preserved or fresh vegetables or dried seafood and most are quite spicy.

There are two classic ways to enjoy Korean food. The first involves the table barbecue. Perfect for kids or fussy eaters, you can order a large platter of your choice of meats and/or seafood (\$29.95/\$39.95) and cook it right at the grill that is built into the centre of the table.

A variety of dipping sauces are provided with most being spicy or vinegar based.

My dining companions and I opted to go the "a la carte" route since we had sampled the barbecue previously and I wanted to enjoy the traditional prepared foods of Korea like BiBimBob and ChapChae.

Don't be concerned about the names, Sariwon offers a fully bilingual menu although there really doesn't seem to be any rhyme or reason to the placement of the dishes within it.

The first dish to arrive at our table was a very large portion of ChapChae (\$19.95), a delicious, slightly sweet stir fry of potato noodles mixed with

mushrooms, spinach, carrot, onion and slivers of beef.

A flavourful dish, this was voted the hands down favourite of the evening.

A close second was the PahJeon (\$12.95) a dense green onion and seafood "pancake" only slightly smaller than a large pizza.

If you want to experience the "real" food of Korea you have to order BiBim-Bob (\$8.95). This is to Korean what the sandwich is to North America.

If you want a "safe" dish, the spicy chicken would be it — tender, breaded pieces of chicken glazed in a sauce that packs just enough heat to keep it interesting.

Eaten for lunch or dinner and, again, varying from place to place, BiBimBob is a large bowl of steamed rice topped with beef, vegetables and a sunnyside up fried egg — the requisite hot sauce comes on the side. Just stir the whole thing up and dig in.

Most of the dishes at Sariwon are

Markham artist helps restoration project

Well-known Markham artist Judith Livingston holds a winter art sale this weekend at the Kathleen Gormley

exceptionally large, offering the chance to enjoy a second, or third, meal at home from the leftovers.

The spicy chicken (\$25.95) is a good example. The portion and price could be cut in half and still happily feed four to six.

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Our last dish was another Korean classic called KalbiJungSik or, as we would know it, barbecued beef ribs.

The meat was very tender and the seasoning delicious but, at \$17.95, some might find it a little expensive for the portion served, or maybe we were just jaded by the mammoth-sized portions of everything else.

After the meal is complete, a complementary teacup of an ice cold melon-flavoured beverage is served. Very refreshing.

We invite you to share your favourite restaurants and tell other readers what it is about these establishments that keeps you going back for more. Send your suggestions, tips and restaurant picks to York Region Newspaper Group editor Jim Mason at jmason@yrng.com, attention Divisions. We'll publish as many as we can in the Divisions section.

McKay Art Centre, 197 Main St. in Unionville.

In support of the restoration of this historical home and grounds, 20 per cent of sales from this event will be donated to the project.

Sale runs noon to 5 p.m. today.

Cellphones personalized through accessories

From page 17.

"It's all about personality. It's like a style of clothing, the music defines what your interests are," she said.

When it comes to personalizing a cellphone, accessorizing is a must, said Marc Choma of the Canadian Wireless Telecommunications Association.

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"Wireless phones have become an important part of everyday life now. They used to be elite products and now they are mainstream," he said.

"Just like people personalize their wallet or a car, they are going to personal-

ize their cellphone."

Multi-coloured faceplates, fuzzy cases and neon antennae can turn a boring gadget into a looker.

But Melissa Rose, owner of Super Communications in Woodbridge, said the cosmetic accessories are on their way out.

"It used to be that people got tired of their phone so they (bought) a faceplate to change it," she said.

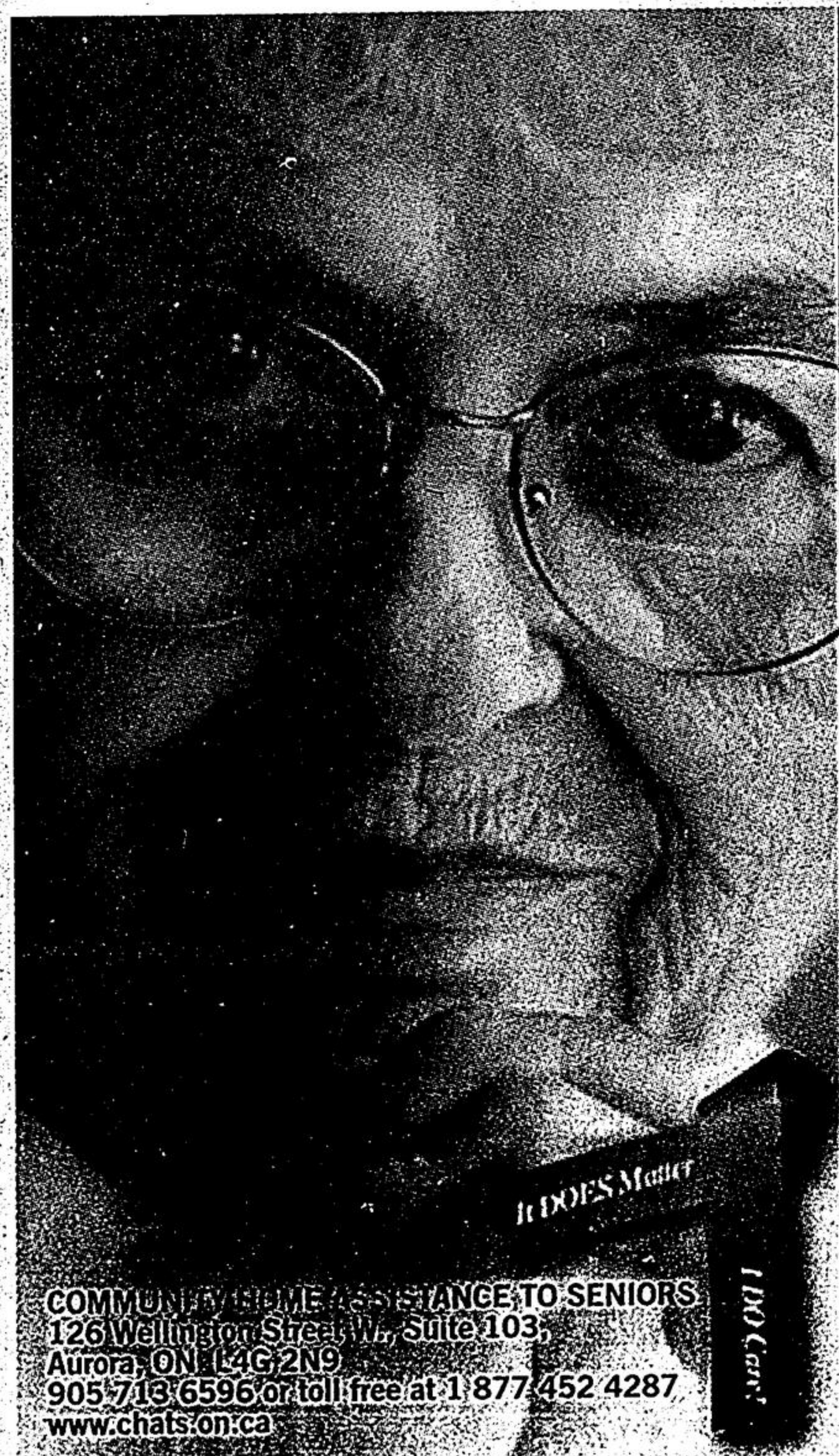
"Now people want the actual phone to have better features and not just be good-looking."

Cellular enthusiasts are also looking to minimize the presence of the gadget.

"Bluetooth is the latest trend," Ms Rose said of the technology that eliminates wires.

For cellphones, an earpiece has replaced the ear-to-mouth telephone component. The actual phone simply needs to be nearby.

"Not all phones have the technology but people are buying phones with it, just to buy the hands-free accessory for it," she said, adding the additional technological-capability can cost between \$100 and \$300.



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CHATS
Community
Home Assistance
To Seniors

Dear Residents of York Region:

Due to the recent decision of the Community Care Access Centre (CCAC) of York Region which resulted in CHATS not being awarded the Personal Support & Homemaking Contract, we have been overwhelmed by the support received from clients, caregivers, donors, volunteers, staff and community stakeholders in York Region, and across the Province. The letters, e-mails and calls received demonstrate your commitment to seniors, to quality of life and to quality of work. CHATS will continue to seek solutions through involvement in the current Provincial planning process, taking place to establish Local Health Integration Networks across Ontario.

We must now ensure a smooth transfer of clients and CHATS staff directly affected by the CCAC contract decision as they move on. We thank those caring and professional staff who are leaving CHATS for their dedication over the last 25 years. It is these people who have contributed so much to the lives of thousands of seniors and their families.

CHATS continues as a strong not-for-profit community organization committed to our mission of supporting the independence of seniors living in York Region. We are not going away! Our roots in York Region are deep and our commitment to make a difference in the lives of York Region's seniors is passionate. We intend to expand our Meals on Wheels, Transportation and Telephone Reassurance programs in the upcoming year. We are very grateful and appreciative of the work of our hundreds of volunteers and assure them of our continued support and need. We also continue to provide homemaking and personal care which can be purchased directly on a fee-for-service basis. New programs and partnerships are also in development to respond to the growing ethnic diversity in York Region.

Once again, we thank the community for the tremendous support we have for our services, our fundraising and our need for volunteers. Your voice, your ideas, your support and your suggestions matter to us at CHATS. Please take the opportunity to contact us with your comments or suggestions via our website, phone or e-mail as listed below.

Don Harrison, Chairperson
CHATS Board of Directors

CAREGIVER RELIEF • PERSONAL SUPPORT AND HOMEMAKING • MEALS ON WHEELS • SENIORS OUTREACH • TELEPHONE REASSURANCE • TRANSPORTATION PROGRAM
THE SHOPPING CLUB • CHATS ADULT DAY PROGRAM • LUNCH OUT • LIFELINE PERSONAL RESPONSE • SUPPORTIVE HOUSING • NURSE ELDER CARE CONSULTATIONS