

# No complaints from new Canadian

**W**e Canadians, of which I am one, are the worst complainers in the world.

We whine when gas prices exceed 90 cents a litre.

We grumble when temperatures reach 30 C.

We claim hospital waiting lines are too long and criminal jail times too short.

We berate our government's abuse of power then refuse to vote on election day.

Grumble and complain; moan and groan; whimper and whine; little seems right with our world.

Oh but it is. We're the luckiest people on the face of this planet.

So says Victor Laghay, manager of Pizza Nova in Stouffville's Giant Tiger plaza. And he should know.

"Canada's a beautiful place and Stouffville's a wonderful town," says Victor, a recent escapee from the tyranny he knew in Iran. And only by the skin of his teeth.

He's lucky to be alive. A native Iranian, one in a family of 10, Victor explains how he, because of his Baha'i faith, faced extreme persecution.

"Under the country's constitution, I had no rights," he says. Regardless, he was conscripted into the army and forced to serve in the bloody Iran-Iraq war, a conflict that continued for years.

"I was in the front lines, I had no choice," he states. He still carries a piece of shrapnel in his throat, the result of a serious wound.

Added to this is the fact conflict continues against the basic principals of the Baha'i faith.

"We're promoters of peace, not war," he notes. He decided to pack up and get out.

But easier said than done. His escape meant days and nights trekking across rugged mountain terrain on foot, by truck and by train until finally crossing the border into Turkey.

It cost him money too — \$500 paid to smugglers, people he didn't know, but in whom he put his trust.

Victor vividly remembers awakening early one morning to the sounds of a border guard search. He and two others hid behind piles of wheat bags to escape discovery. Had they been found, they'd have been returned and possibly shot, he said.

"My heart was pounding so hard I was sure the guards would hear it,"



## Roaming Around

with Jim Thomas

he recalls.

Victor dramatically describes the absolute joy he felt on reaching a safe haven inside neighbouring Turkey. This cost him an additional \$100, money well spent, he said.

Victor enthusiastically endorses the excellent treatment received from an official known only as Mr. Smith at the Canadian Embassy in Ankara.

"He went out of his way to fast-track my visa," he said. "I'll never forget what he did for me. This is a small world. Some day I hope we'll once again meet so I can say thanks." The process can take up to a year. His approval came through in three months.

*"This is an amazing place to live."*

Victor arrived in Canada in 1989. Looking back, Victor smiles on remembering his arrival in Toronto.

"I didn't know a word of English," he recalls. He stayed for a time at World Vision quarters on Christie Street and later enrolled in a control systems course at Seneca College as did his wife Sahra.

Victor keeps in constant touch with family in Iran but plans never to return.

"Canada is home now," he said. "This is an amazing place to live."

Victor remains a steadfast follower of the Baha'i faith, pioneering the creation of an Assembly here with six families now involved.

On arrival, Victor had three aspirations in mind — promote peace; find a job and learn the language. In 16 years, these goals have been attained.

Canada — and Stouffville — have reaped the benefits.

*Jim Thomas is a Stouffville resident who has written for area newspapers for more than 50 years.*

# NIAGARA PEACHES

Our peaches have been really great this year — in fact it's the dessert of choice for my little daughter and me every evening!

79¢ lb.

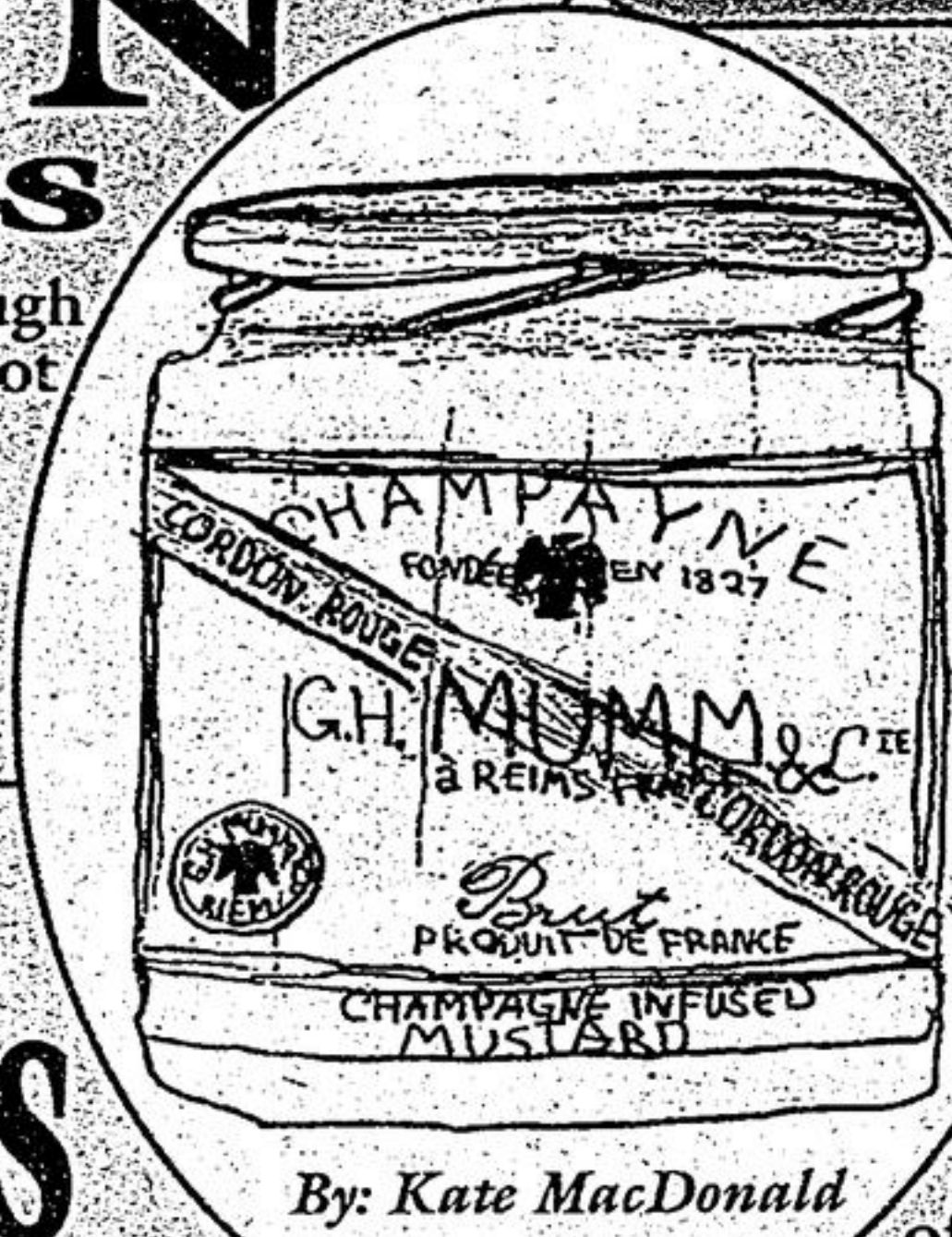
3 L BASKETS 3<sup>99</sup> Ea.

# OUR CAJUN SAUSAGES

I like these sausages a lot. Although they have a bit of heat, they have a lot of flavour and character.

Great Bar-B-Que! Reg. \$3.99 lb.

25% OFF THIS WEEK



By: Kate MacDonald

# GRAPE CHERRY TOMATOES

These sweet little nuggets of flavour have replaced croutons in our salads at home. For a bit of added richness in flavour, flambé them in some brandy and then use them as a 'side' or in your salad — but stand back while the fire's happening, if your eyebrows are important to you!

Full Pint!

1<sup>99</sup> ea.

# TOMATO AND CUCUMBER SALAD

This will be our deli feature for the weekend. It has a nice amount of dill, very flavourful tomatoes and copious amounts of English cukes.

Reg. \$1.49/100 g 1/3 OFF THIS WEEK

# WHAT'S FOR DINNER!

Our frozen entrée feature of the week is our beef stroganoff. We make it with 'Julienne strips of sirloin which have been browned and simmered in the amazing gravy that makes this dish. What to serve with it? Try some of the Cipriani Pasta — it's amazing too.

Reg. \$14.95 Serves 3-4 25% OFF THIS WEEK

# PITAS AS THEY WERE ORIGINALLY INTENDED!

I'm thinking that Pitas were originally incarnated as a dessert — much as these are. It was probably during the darker times that folk less licentious than the inventors changed up the recipe to the drabness it currently enjoys.

The first clue that these are different is that they're sugar coated — and when you cut them into half moons to eat, you'll see that they're not whole wheat but puff pastry — and not filled with sprouts but fruit — specifically this week's peaches and plums. And another thing — serve these a bit warm — it's a taste for the ages.

One time deal! Serves 1 or 2! 3<sup>99</sup> Ea.

# PILE O' BONES

On sale as well will be one of our more Neanderthal items, our Prime Rib Bones. There ain't no dainty way of eating these — just gotta pick 'em up and gnaw. We marinate them in our Teriyaki — or they're available au naturel.

Reg. \$3.49 lb.

1<sup>99</sup> ea.

# FINI BALSAMIC VINEGAR

We've just returned from a little family holiday near Huntsville — and we had a dinner at one of the golf course dining rooms. My little girl ordered a steak (a major carnivore) and when it didn't come with balsamic vinegar she was overcome with disappointment because, at our house, it's the condiment of choice.

"No problem" said the girl looking after our table, and she returned shortly with a balsamic dressing of some sort — and further disappointment ensued.

The final verdict? The steak wasn't eaten. The moral? Always serve good balsamic vinegar, especially to my daughter!

25% OFF THIS WEEK

Reg. \$10.95

# WHAT'S BAKING! THIS WEEK

While ancient navigators made their way round by following the stars, we in our bakery make our way through the season by following what fruit is in season. It's currently beautiful plums and peaches — and so that's what we'll be doing this week. We'll be making...

**DEEP DISH PEACH PIES** — from time to time these are lattice topped — but not this week — they'll be covered in tiny little puff pastry hearts... \$14<sup>95</sup>

**PFLAUM KUCHEN** — this is an open-faced plum cake German style which is amazing — it's made with a yeast dough base and lots of pitted half plums, topped with streusel, sliced almonds and cinnamon... \$8<sup>95</sup>

**PLUM AND PEACH CUSTARD FLAN** — with plums, peaches, apples, brown sugar and spices with custard in a shortbread crust... \$17<sup>95</sup>

**ASSORTED STUFF** — this could mean different combos of our focus fruit in muffins, scones or turnovers... \$1<sup>25</sup> to \$1<sup>99</sup>

**CUSTARD CAKES** — available this week in peach, plum or, best of all, peach and plum together... \$13<sup>25</sup> to \$18<sup>99</sup>

# LOCAL CANTALOUPE

We had to buy these in bins because they're too big for the boxes. Vine fruit loves this weather — and they return the favour in sweetness and flavour. Product of Ontario 1<sup>49</sup> ea.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY AUGUST 14<sup>TH</sup>

Hours:

Mon. 11:00-7:00 ~ Tues.-Thurs. 9:00-7:00 ~ Fri. 9:00-8:00

Sat. 9:00-6:00 ~ Sun. 10:00-5:00

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