

Doctor Petrie plays patient

The optimist says: Physicians can never be sick.
The realist says: Physicians are only human.

The pessimist says: Physicians die early deaths.
The cynic says: Physician, heal thyself.

So what does the physician say?

Stouffville's Dr. Don Petrie tells it like it is or, like it was with him.

He had open-heart surgery at Southlake Regional Health Centre in Newmarket Nov. 23. Three arteries were bypassed. One was cleared.

It was Thanksgiving weekend. Dr. Petrie, his wife, Jackie, and members of their family were hiking the Bruce Trail.

"I had no chest pains, only a shortage of breath," he recalls. "I couldn't keep up."

At first, he assumed he was out of shape. But when continually forced to stop and rest, he knew it was time for a reality check.

"Initially, it was a denial thing," he noted. "And for good reason, up to this point, he enjoyed excellent health."

"It only hurt when I laughed."

"Trouble is," he said, "while one may feel good on the outside, he isn't always aware what's going on inside." He admits, now, the question often crossed his mind — "when is it going to happen to me?"

Little did he know it would happen sooner than later. An appointment was made with Dr. Joseph Minkowitz at Markham Stouffville Hospital.

"I knew the excellence of his work," he said. "I'd referred many patients to him."

Tests followed, indicating problems he couldn't ignore.

Dr. Petrie, while knowledgeable concerning hospital routine, has nothing but praise for the physician and nursing staff at Markham Stouffville and Southlake, calling them as excellent.

"I had every confidence in the people and the institution," he said. "I expected everything to go well. I tried to maintain a positive attitude."

His Southlake surgeon was Dr. Charles Peniston.

Dr. Petrie, along with other patients, attended a pre-operation clinic and found it helpful.

Basically, it was a review, but I took it to heart (no pun intended) because I knew



Roaming Around

with Jim Thomas

this was happening to me."

He doesn't remember entering the operating room or waking up in recovery.

Two hours of surgery and 35 inches of incisions later, he regained consciousness.

"I really lost two days," he says.

Other than immediate family, his only hospital visitors were Don and Helen Huxtable of Stouffville.

"They left almost as quickly as they arrived," he remembers, which, in retrospect, was maybe a good thing.

"It only hurt when I laughed," he joked. He remembers hugging his heart-shaped cushion.

His minister, Rev. Rob Shields of Christ Church, Anglican in Stouffville, was among the first to visit their home.

Fifteen weeks have passed since Dr. Petrie's surgery. Strange as it may seem, little in his life has changed.

He's back in his office at the Stouffville Medical Centre and back on the slopes at Devil's Glen in Collingwood.

"I felt a bit timid at first," he said, recalling his initial ski run.

He praised members of the Stouffville office staff for capably filling in. "They were excellent," he said.

Dr. Petrie's daily routine includes long walks and a short snooze. Wife Jackie, an expert nutritionist, maintains a low-fat diet.

He requires no painkillers or sleeping pills: At 72, he gives no thought to retiring.

Without downplaying the seriousness of open-heart surgery, Dr. Petrie admits it's become almost routine — perhaps too much so.

"The personal can be replaced by the mechanical," he says. For this reason, he feels heart support groups could serve an important function in every community.

So do I.

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

OUR MARINATED FLANK STEAKS

These have been one of those mainstay items in our meat counter over the years.

They've been so popular because

- (a) they're so quick to prepare
- (b) they store well — you don't have to use them immediately
- (c) they are really delicious — they have that essential flavour of beef and
- (d) they're relatively inexpensive — you can't serve steak this good as reasonably as this.

We haven't promoted these for a while because they've been harder and harder to get in quantity — a lot of them have been going to the States — a bit of flank steak drain, or so to speak.

Although we sell the vast majority of these marinated plain ones are available.

—We may limit quantities—

25% OFF THIS WEEK

DEL MONTE PINEAPPLES

There was a time in the not-so-distant past that these were the only golden super-sweet pineapples available. Now, there are many — some better than others, but none AS good. Since eating quality is the first consideration with me, I always buy these — and it's an interesting character study of others in the business who opt for the other types, some considerably cheaper to buy. If you notice that the cut and cored pineapple of your favourite supermarket doesn't seem as sweet as it once was, this may have happened there as well. It's best to buy these in their original form, then you can be sure of what you get.

Size 5's (Big)

3⁹⁹ each



PRICE PUDDING

From our store kitchen comes Doreen's now famous rice pudding. It can be had with raisins or without. It's a bad day when we don't have any!

Made at least once a day!
Reg. \$4.99

3⁹⁹ Container

WHAT'S NEW?

A new shipment of chocolates and other sweets is arriving from Rogers in Victoria — look for it soon. Also, there is a new 'Carli' Olive Oil with a yellow label — it's a bit richer in flavour.

Our Bon Maman Jam is now on display.

OUR BRATWURST SAUSAGES

Mike, who normally makes the sausages is on a few weeks holiday in Australia — So it's yours truly making these, just like in the olden times. One good thing is that I can pick my favourite to promote — and this is it. Just like in the olden times, we use beer to make these.

Reg. \$3.99 /lb

25% OFF THIS WEEK

GRANNY SMITH APPLES WHAT'S FOR DINNER!

These are a premium extra-large size that you could use as a really filling snack or you could bake them to make an amazing dessert.

From Washington. **.99** lb.

Our frozen entre feature for this week is our Italian meatballs. There are 8 of these big puppies in a container — enough to make 4 sandwiches or a spaghetti dinner for 4

Reg. \$10.95 **25% OFF THIS WEEK**

LEMON MERINGUE PIES

This is my supreme favourite from our bakery. It's a difficult pie to make which is probably the reason that commercially available lemon pies have so many shortcuts and artificial ingredients that they bear little or no resemblance to the original article.

These are made from scratch in every detail, from juicing fresh lemons to separating the egg whites, the scratch pastry — everything! Why do we do it this way — you've just gotta taste it to know.

Depending on who's watching!

9" size, serves 4-6

Reg. \$10.95 ea.

Individual Reg. \$4.95

1/3 OFF THIS WEEK

CLAM CHOWDER

We'll be featuring both our New England style — which is cream based, and our Manhattan style, which is tomato based. You'll find these to be a pretty hearty soup — and since your kinds will be leaving for warmer climes — it's a good time for this old-fashioned soup.

Reg. \$6.95 ea.

25% OFF THIS WEEK

OUR DELI

ROAST BEEF

We'll have our Roast Beef on sale at the deli counter this week — both types! You can get our regular, which is made with lean-trimmed inside round roasts and slow roasted, or you can have our strip loin roast which has been seasoned with Montreal steak spice and also slow roasted. A favourite Alfresco dinner of mine is to warm a plate, place some thinly sliced strip loin on it, drizzle olive oil, some older Balsamic Vinegar (25 year old will do), sprinkle some sea salt and freshly ground pepper.

It's really good!
Reg. \$2.99 and \$3.99 /100g

25% OFF THIS WEEK

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY MARCH 12TH

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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