

Medal event fit for Queen — or Kate

It was a ceremony befitting a queen — Queen Elizabeth.

Seventeen men and women were the recipients of Diamond Jubilee Medals at an observance celebrating, in the words of MP Paul Calandra, "Her Majesty's 60 years of extraordinary dedication and service to Canada". And, at the same time, he said, "we recognize those hard-working Canadians who've made significant contributions to our communities".

The celebration, that included members of the Governor-General's Horse Guards and Band, was held Saturday at the Lebovic Centre for Arts & Entertainment — Nineteen on the Park in Stouffville.

Those receiving medals included: Mayor Wayne Emmerson, Fire Chief Robt. McKenzie, Sun-Tribune editor Jim Mason, Captain Victor Goldman, Richard McGowan and Jim Thomas all of Stouffville; Fire Chief Wm. Snowball, Shelley Baker, Ruth Fuyarchuk, John Liagakis, Eric Tapenden and David Tsubouchi of Markham; Honorary Colonel Mike Gartner and Baljit Sierra of Richmond Hill; Deputy Police Chief Bruce Herridge of Newmarket; Chief Eric Joliffe of Barrie and Dr. Tassos Anastassiades of Kingston.

The medal presentations were made by Mr. Calandra. Each was accompanied by a certificate over the signature of Governor General David Johnson. It read in part: "By command of Her Majesty the Queen, the Diamond Jubilee Medal is presented in commemoration of the 60th anniversary of Her Majesty's Accession to the Throne and in recognition of her contributions to Canada."

"Today's honorees come from many walks of life," said Mr. Calandra. "I'm extremely grateful for the contributions they have made to their communities and the lives of others."

"The medals are in recognition of individuals who have helped build our communities, our province and our country," the Oak Ridges-Markham member continued. "They honour individuals who, through their efforts in service, research, sport, entertainment, business and volunteerism, have made this nation great."

"All individuals," he said, "are fine examples of people who've done a little more and worked a little harder to make our communities better. I say thank you for your service and dedication to Canada. To your families, I also say thank you for the support you've provided. I know you're every bit as proud of them as we are grateful to them."

While medals of distinction are not uncommon with men and women of the military; firefighters; police officers, etc., laymen, of which I am one, are not accustomed to this degree of recognition.

There are strings attached, rules and regulations one should respect. Examples follow: The medal is mostly worn at ceremonial events such as Remembrance Day and Canada Day. It must be worn on one's left side, above the heart. It can be worn with business attire or uniform dress. Women may wear it on a bow, below the left shoulder. It must be worn only by the actual recipient, in other words, it's not for loan.

These directives aside, I was impressed with the pageantry of Saturday's ceremony — the precision with which everything was organized and progressed. Nothing left to chance. This, I submit, is the procedure applied by Mr. Calandra and staff in everything they do.

Any disappointments? Only one. In lieu of the Queen taking time off to personally present my medal, I thought maybe, just maybe, Prince William's wife Kate might make a surprise appearance. Sadly, it wasn't to be.



Roaming Around
with Jim Thomas

Jim Thomas is a Stouffville resident who has written for area newspapers for more than 60 years.

POT ROASTS

These are Boneless Blade Roasts that we have leaned out and tied; ready for your slow-cooking pot. My mother-in-law's (Doreen the Wonderful) cooking directions will be available this week, in case you've lost your previous copy. This is a good time to make those old-fashioned hot roast beef sandwiches with a side of sweet peas.....and try mashed Yukons instead of the old-time bakers. Regular \$4.99 lb.

20% OFF THIS WEEK

SWORDFISH STEAKS

We'll have a shipment this week of beauty Swordfish from the East coast. Although it can be nicely prepared in a ribbed grill pan, it's at its best on the BBQ — and since there's no snow yet, your 'cue should be easy to find!

\$14.95 LB. THIS WEEK

— OUR MANGO — SALSAS!

This is the perfect item to accompany grilled swordfish! 250 ml. Regular \$4.99 each.

1/2 PRICE THIS WEEK

— LOUIS' — GREEK SALAD

Louis, our salad maker extraordinaire, will be very busy this week preparing vast quantities of his famous Greek Salad. We use lots of diced veggies, chunks of feta, grape tomatoes and sweet onions, and it's all seasoned with a feta and oregano dressing. Regular \$1.69/100 g

1/3 OFF THIS WEEK

SOUP'S ON!

We'll have two soups to choose from this week. The first is a fresh Tomato-Cumin Soup. It's made with lots of tomato, of course, carrots, celery, cumin seeds, sweet onions, roasted garlic, basil and extra virgin olive oil (there is no dairy in this, if that's important to you). The other is from the frozen section, and it's our Leek and Potato Soup. It seems to me that this is soup weather, so we've got you covered! Fresh or frozen, regular \$7.95 each.

25% OFF THIS WEEK

CHEESE PLEASE!

Our feature cheese this week is American, believe it or not, and it's good. We'll have two types of Bella Vitano cheese. The first is with Merlot and the second is with Espresso! These are fairly crumbly cheeses — as they're well-aged — and a really good match with Chardonnay when they've tempered. There will be samples! Regular \$5.99/100 g

1/3 OFF THIS WEEK

— WHAT'S FOR — LUNCH?

Grethe's been busy with a new sandwich — and the world is not flat! We've had a few requests for sandwiches with less bun, so now we have a flat option, one Vegetarian and one with Smoked Turkey. The veggie version has grilled eggplant, roasted peppers, roasted sweet red onion, sun-dried cherry tomatoes and greens, all dressed with a chipotle mayo. Our turkey version uses our sliced smoked turkey, brie cheese, sweet red onions and greens. Both of these are still a handful, but I predict that you'll really like them, and they'll have an intro price of ...

\$6.99 EA.



WONDERFUL POMEGRANATES

We bought a big bin of these beauty pomegranates this week, and they're amazing. Priced at ...

\$1.99 EA.

— WHAT'S FOR — DINNER?

There will be two choices this week, as well, the first being a frozen option, our Curried Chicken, which happens to be easily in our top five in popularity. It's fully-cooked, but you'll have to cook the basmati to go with it. Serves 2 - 3. Regular \$17.95.

25% OFF THIS WEEK

... and the other is Chicken Cordon Bleu, using our air-chilled chicken, our smoked black forest ham, and Swiss Emmenthal. We bread these, then brown them in the deep fryer and finish them in the oven. When you get these, the work has been done; you just have to warm them. Regular \$4.99/100g

25% OFF THIS WEEK

J-BARS!

There's a story here. The lady behind these, Justyna, is what you would call "relentless" — and she needed that quality to bring her big idea to market. These are an energy bar that is pure, simple and good for you. She uses all organic ingredients when she can, has worked with the labeling, packaging and, this weekend will be sampling, with some help from us, but for the most part from being 'relentless'. Say hi to her on Friday and Saturday in the store as she explains what's up.

OUR CHORIZO SAUSAGES

These are a coarsely-ground pork sausage that is on the hot side of the scale, for those who like it hot, these provide a lot of excitement. One way that they are nice is precooked and sliced into a pasta or stir fry — it adds a bit of character. Regular \$4.99 lb.

25% OFF THIS WEEK

WHAT'S BAKING THIS WEEK?

ALL THE OATMEAL COOKIES - We make a lot of Oatmeal Cookies. This week we will have them all on special! The varieties include oatmeal raisin, cranberry oatmeal, oatmeal Toblerone, harvest oatmeal (small version of the popular large size with walnuts, pumpkin seeds, golden raisin and dried cranberries), oatmeal "as natural", and, last but not least, two sandwich cookies, one filled with Hero raspberry jam and the other with our homemade date filling. Regular \$6.95 - \$8.95

COCONUT CREAM PIES - We start with our flaky pie shell, fill it with our rich coconut custard made with eggs,

cream, coconut cream, toasted coconut and a bit of Malibu Coconut Rum, and top it with a mound of whipped cream. Regular \$14.95.

RASPBERRY BUNDT CAKE - Our rich chocolate cake baked in the bundt form, soaked with a coffee-brandy syrup, filled with ganache, caramel and raspberries and finally topped with more caramel and drizzled with chocolate. Regular \$17.95 each.

All these items will be featured this week at ...

25% OFF THIS WEEK

HONEY CRISP APPLES

... from Washington State. This is about the sweetest apple going, and since they are 'just picked', they do have that crispness that their name promises. Regular \$2.99 lb.

1/2 PRICE THIS WEEK

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, NOV. 4th

Hours: Mon. - Fri. 8:00-8:00
Sat. 8:00-6:00 - Sun. 9:00-6:00

4476 16th Avenue (Just W. of Kennedy)

(905) 940-0655

