

More medals for area volunteers

On Oct. 22, 2012, 17 men and women were recipients of Queen Elizabeth II Diamond Jubilee Medals at a ceremony hosted by Oak-Ridges - Markham Member of Parliament Paul Calandra at the Lebovic Centre for Arts & Entertainment - Nineteen on the Park.

Since then, four deserving people have been added to the tribute list: Catherine Sutherland and Stewart Wideman of Stouffville; Carol Wildgoose of Markham and Leslie Pengelly of King City. Selections, said Mr. Calandra, were based on "contributions made to their communities and the lives of others".

Contributions for the Stouffville recipients included:

- Cathy Sutherland - member of the Markham Stouffville hospital volunteer advisory committee; an intensive care unit volunteer since the hospital opened; a hospital tour leader; volunteer with the Heart and Stroke Foundation; executive committee of the Stouffville Figure Skating Club; member of the Stouffville United Church manse committee and Stouffville Community Centre Board.

- Stewart Wideman - leader of the boys brigade and youth pastor at Stouffville's Missionary Church; 17-year leader of the VIP men's breakfast; committee member of Sunday's chapel service at Stouffville's Country Market; Christmas Day dinner volunteer at Stouffville's EastRidge Evangelical Missionary Church; organizing committee member of Whitchurch-Stouffville's annual Prayer Breakfast; volunteer canvasser for Heart and Stroke Foundation and visitor at Markham Stouffville Hospital and Parkview Home.

Reunion 55 years in the making

The location was Stouffville United Church. What better place to hold a student reunion.

On Sunday, all three graduates from Stouffville High School's class of 1958 - Tom McCreight of Udora, Colin Rae of Port Severn and Bob Stover of Stouffville - attended a bluegrass concert in the church's sanctuary that featured Mr. McCreight's band.

The get-together, hoped for but not planned, brought the former classmates together after career separations of 55 years.

Following graduation from SHS (now Stouffville District Secondary School), Mr. McCreight, now bass player with the quintet Higher Ground, taught at Beverley Acres Public School in Richmond Hill. Later, after obtaining an arts degree from Queen's University, he taught at Crosby Heights in Richmond Hill, then set his sights on North York where he headed up the mathematics department at Don Mills Jr. High. In 1969, he was appointed vice-principal St. Andrew's Jr. High. He retired in 1995.

After obtaining a degree in electrical engineering at Waterloo Lutheran College, Mr. Rae was employed for several years with Honeywell Controls in Toronto and Vancouver. In 1970, he moved to Sudbury where, in partnership, he started an industrial control equipment company. He retired in 1997, but is working on the construction of a steam-powered car.

Mr. Stover spent two years working at the family business, Stouffville Bakery, before entering Toronto Teacher's College. For six years he taught at Summitview Public School and later served as principal at Parkview Public School in Unionville. He headed up Stouffville Christian School before returning to the York Region public school board as an area superintendent.



Roaming Around

with Jim Thomas

LAST YEAR we ran a series of ads showcasing the home cooking of a number of our co-workers who travelled far to get here, and this ad marks the first of many to come this year. For this week, we are travelling to Kulam's home country, Sri Lanka, but the items and flavours will not be just from there, but will encompass South India as well. His culinary trip around the world began in Jaffna, on the northern tip Ceylon - now Sri Lanka - and eventually he landed in Paris for 15 years of cooking and living (Paris largely because he had learned French as a second language at school.) He then moved on to Toronto for a family reunion of sorts and just stayed here, which makes us very happy! Kulam's role at our store is being the big chef who runs our deli and frozen food kitchen. It is Kulam who makes those amazing soups that our store has become famous for - and he helps to widen our view of world cuisine.

The menu will begin with soup. This week it's **Red Lentil**, which uses lentils, of course, sweet onions, potatoes, carrots, celery, garlic and 'ghee' (clarified butter) and 'spices', including turmeric. It is a puréed soup and it's on the mild side. There will be five choices in mains, starting with **Butter Chicken**, in which we use cubed breast-meat, coconut, onions, tomato, ginger and 'spices'. This is not a spicy version. It will be available in both the 4x5 and the 8x5 size. Reg. \$9.95 and \$18.95 each.

Next is **Chicken Kurma**, which is a repeat of last week and it's my fave. It uses boneless chicken leg meat, sweet onions, curry, ginger, coconut and 'spices'. It's also available in the 4x5 and the 8x5 size. Reg. \$7.95 and \$15.95 each.

Next choice is **Lamb Masala** using lamb-leg cubes, sweet onions, curry leaves, lemon, cream, tomato, tamarind, cashews, rice flour and 'spices'. This will be served in the same format as above. Reg. \$9.95 each.

Next up is **Tandoori Chicken Legs**, which are marinated in Tandoori spices and oven-baked. These are sold at \$1.95/100g (which is about \$3.50 per piece).

And lastly, **Channa Masala**, which is a vegetarian dish using chickpeas, sweet onions, tomato, cilantro, coconut and 'spices'. This is a vegetable stew - and it's gluten-free - as is the Butter Chicken and Lamb Masala above. It's also available in the 4x5 and the 8x5 size. Reg. \$6.95 and \$13.95 each.

All these five mains will be featured at **25% OFF THIS WEEK**

To go with these, you'll need ... **Rice**, and we'll have two types of Basmati to choose from in that big, long prepared food counter.

But wait! There's more! We'll have **Samosas** as well and ours come from **Ambiyani Restaurant** on Main Street, Unionville. Great food and great samosas, judging by how many we sell! They are available in three flavours, both hot or mild. Reg. \$1.99 ea. **25% OFF THIS WEEK**

To go with these, Kulam is making a **Tamarind Dipping Sauce** which is not only amazing with samosas, but with roast chicken and pork as well - and - we'll be making some **Raita**, a cucumber, yogurt and cilantro-based dip that is the Indian version of Tzatziki. Some **Mango Salsa**, a semi-regular item of ours that works with either chicken or salmon and **Naan Bread**, also made at Ambiyani, perfect with Raita - or just on its own.

We hope that you enjoy these items as much as we do!

IMPERIAL TEA

We picked two amazing teas to feature this week; one from Ceylon ... **Orange Pekoe**, and **Masala Chai**, from India. They are both loose teas, meaning that you will need to get your tea egg into action, but you'll find that it's very much worth the trouble. 150g and 200g respectively. Reg. \$7.95. **25% OFF THIS WEEK**

FRESH ASPARAGUS

This product is now coming in from Mexico, which is part of the seasonal progression northward which eventually culminates in our local crop. Nice-looking product and since it's closer than Peru, you'll find it's a bit fresher too! **\$2.49 lb.**

FLORIDA GRAPEFRUIT

These are size 32s from The Indian River area of Florida (in keeping with our Indian theme LOL!) They are large, plump and juicy; all that you'd want in a grapefruit! **79¢ lb.**

WHAT'S FOR LUNCH?

In keeping with our Indian theme, we'll be making **Tandoori Chicken Wraps** from now until Sunday. They are made with Tandoori marinated chicken breasts, sweet green onion, lettuce and tomato and raita sauce. **\$6.95 each**

There will be a soup of the day, and some of Kulam's main courses will be part of the hot lunch, with Basmati, of course.

Sunday Brunch will be **Prime Rib Stew** with mashed or rice, our **slow-roasted Louisiana Ribs** with **Kentucky Slaw** and **Penne with Chicken**, mushrooms and spinach in a **Rose sauce**; with **Tea or Coffee** and some **dessert**. **\$10.95**

SHARWOOD'S CHUTNEY

As long as I can remember, from my first days in the fine food business, I had noticed this product, and tried it out at the earliest opportunity. I have enjoyed this and many other chutneys over all these years. It's a great accompaniment for most all roast meats, as well as a savoury ingredient in many dips and sauces. We'll have **Bombay**, **Major Grey** and **Bengal**, all in the 250ml size. Reg. retail \$5.69.



1/3 OFF THIS WEEK

WHAT'S BAKING THIS WEEK?

Since it's Indian Week, we are baking with **Mangoes**, **Bananas** and **Coconuts**.

BANANA LAYER CAKE - Four layers of moist banana cake filled with coconut cream cheese icing and toasted coconut. Reg. \$15.95.

MANGO MOUSSE CAKE - Light, refreshing mango mousse with white cake. Topped with fresh mango slices and berries. Reg. \$22.95.

MANGO CHEESECAKE - This has become one of our very best-selling cheesecakes lately. Mango purée is added to the cheese mix and fresh mango slices sit on top. Reg. \$15.95 & 24.95.

CUSTARD SQUARES - We make sheets of puff pastry, bake them and then layer them with mango-flavoured custard and some toasted coconut and cut them into generous-size squares. Reg. \$3.49 each.

COCONUT MACAROONS - Large, individual coconut macaroons made with three different types of coconut and dipped in dark chocolate. Get them while you can! Reg. \$2.29 each.

All these items will be featured at **25% OFF THIS WEEK**

While quantities last!
We are also starting to make **Hot Cross Buns** and **Irish Soda Bread** this weekend.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, MAR. 3rd
Hours: Mon. - Fri. 8:00-8:00
Sat. 8:00-6:00 - Sun. 9:00-6:00
4476 16th Avenue (Just W. of Kennedy)
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Jim Thomas is a Stouffville resident who has written for area newspapers for more than 60 years.