

# Hold adults responsible

**I**solated.  
Helpless.  
Frustrated.  
These words describe the feelings not only of the victims of bullies, but their families.

"We did everything we could," said Glen Canning, father of Rehtaeh Parsons, "but we were drowning. We felt helpless."

After meeting with Prime Minister Stephen Harper this week, he spoke of the family's turmoil with their bid to get help and justice for their 17-year-old daughter.

The nation's attention has been drawn to the tragic happening in Nova Scotia, where Rehtaeh took her life this month following an alleged rape and online harassment that included posting photographs of the assault. Her tragedy, and her family's pain and isolation, sadly, is not uncommon across our country.

In York Region, over the last two decades, I've spoken to many desperate parents whose children were being bullied at school. Hitting brick wall after wall, they reach out to media as a last resort.

I recall every one of those heart-breaking stories.

Like the Georgina teen who went to school every day cloaked in invisibility, surrounded by silence, thanks to the edict of a group of mean girls who promised to similarly ostracize anyone who talked to her.

Like the Richmond Hill boy who was mercilessly denigrated in the classroom — even in a teacher's presence — and physically intimidated on the playground.

Karen Sebben contacted us when her son was in the midst of years of verbal abuse by a group of boys at his Newmarket high school. His marks dropped, he became depressed, he cut himself and attempted suicide.

Daniel, ultimately, was saved, but Mrs. Sebben never forgot the feeling of "utter isolation" she faced dealing with the school system.

In 2009, she founded the York Region Anti-Bullying Coalition to help parents navigate the system and advocate for safer schools.

Since then, she has worked with the public school board and the province on anti-bullying measures.

Yet as bullying has moved from the realm of personal to public, from schoolyard to smartphone, Mrs. Sebben says it is as rampant as ever.

"Even with the province's legislation, the calls have not stopped. It's not good enough to hand down a mandate — there has to be oversight."

In this same week as Rehtaeh's parents met with Mr. Harper, Mrs. Sebben's coalition, along with its London, ON counterpart, released a guide to help parents navigate the public school system. She continues to push for effective ways to tackle systemic bullying.

Making online harassment a criminal offence, as the prime minister is advocating, will help make perpetrators accountable, but it's not enough. Adults must be held accountable — teachers, school administrators, parents of bullies, police and prosecutors all failed Rehtaeh.

As her father wrote, "My daughter wasn't bullied to death, she was disappointed to death. Disappointed in people she thought she could trust, her school, and the police."

"She was my daughter, but she was your daughter too. For the love of God do something."

The most important thing we can do — as parents, as a village — is to raise our children to treat one another with dignity and regard; to not have contempt for anyone because of their appearance, race, religion, gender, physical or mental ability; to have the courage to stand up for what is just and protest what they know to be wrong. We can only teach this by modelling that behaviour ourselves.



Debora Kelly

Debora Kelly is editor in chief of the York Region Media Group

## — WE'RE GOING TO — **ITALY** (AGAIN!)

This is the second week of our culinary visit to Italy, and we're going to start in Milan. This city is pretty neat with the best of Italian restaurants and some of the most amazing food stores. A while ago, Cathy and I spent a week here and it was amazing. An idea that we brought home was **Elephant Ear Veal Chops**, an item that we have promoted in the past to great reviews. We will do so again this week and if you find that the weekend weather turns out well, you may wish to simply grill these. Either way ... Buon Appetito! **Reg. \$19.95/lb.**

**25% OFF THIS WEEK**

## — WHAT'S FOR — **LUNCH?**

We'll start with **Prosciutto on Focaccia**, with bocconcini slices, tomatoes, baby arugula with a pesto mayo. It will be **\$7.99**.

— OR — **Genoa Salami on Focaccia** with roasted peppers and artichokes, provolone slices, baby arugula and pesto mayo. This for **\$6.99**

— AND — **Mark Hayward from Velvet Sunrise Coffee Roasters** (our café supplier) will be on hand at 9:00am Saturday making and serving **Good Morning Espresso** on us; this till noon! **Sunday Brunch** this week will be, **Chunky Tortelli Soup**, followed by either **Lamb Shanks Milanese** (amazing), **Chicken Breasts with a Porcini Sauce**, **Gemelli Primavera with Prosciutto**, or lastly, **Spaghetti and Meat Balls**. This includes **Tea or Coffee** and a token dessert, all for **\$10.95**

## — MULTIPASTA — **LASAGNA**

The story is this: We have sold Multipasta's fresh pasta for years, tortellinis, noodles and even some of their prepared items, but no matter how small our order is, Tony, the owner, always tucks in a lasagna — and not the small one — for my little girl's dinner. She and I love it with more noodles and less sauce and that's what we'll have this week. Their little factory is in Richmond Hill, just south of Elgin Mills and we've known Tony and his family for many years. We are very pleased to handle their truly home-cooked products. By the time you read this, our new display counter will be up and running, with Tony's product having pride of place in it.

**25% OFF THIS WEEK**

## — ROSEMARY — **ASIAGO** CHEESE

For this item we visit Wisconsin, but it's made by an Italian family! I love this cheese and many of the others that they make as well; Balsamic, Merlot, Espresso, Raspberry ... and they all go extremely well paired with my evening glass of wine! **Reg. \$5.99/100g.**

**25% OFF THIS WEEK**

## **ITALIAN SALAMI**

There are two schools of thought with this salami. The first is thin sliced, with lots of slices on an Italian bun with ... almost anything! The other is a very much thicker slice and you just nosh — using your hands and living Neanderthal style. I can do either very well; it's a mood thing. We'll have both **Genoa and Calabrese Salami**, hot or mild. Eat up!

**1/3 OFF THIS WEEK**

## — ANDY BOY — **BROCCOLI**

This is nice broccoli, and you do need your greens!

**99¢ bunch**

## — WHAT'S — **BAKING** THIS WEEK?

Seems like there was an outcry last week because there wasn't enough space for the bakery ad in the newspaper. We apologize and promise not to do that again! We are having especially wonderful bakery items on special this week ...

**LIMONCELLO MOUSSE CAKES** - Lemon mousse made with Limoncello liqueur, lemon oil and fresh lemon juice and zest, layered with light white cake and diced strawberries, topped with a profusion of glazed strawberries and candied lemon peel. Beautiful, delicious and spring-like! **\$22.95**

**PEAR-ALMOND CHEESECAKE FLANS** - Layers of cream cheese and almond cream on a shortbread bottom in our deep flan pans, topped with a layer of sliced, fanned Italian pears poached in port with red wine and spices. **\$10.95 and \$22.95**

**BISCOTTI** - You would think we were an Italian bakery judging by the amount of biscotti we sell! All the flavors we make are on special this week including **Almond, Mocha Hazelnut, Cranberry White Chocolate, Espresso Double Chocolate, Maple Walnut, Vanilla Bean and Lemon**, and maybe more...! **\$4.99/200g bag.**

**"VENICE" SLIPPERS** - Seems like we haven't been making our famous slippers lately, even if everybody has been requesting them. We will rectify the situation by having them on special! Keeping with the Italian theme, we are making them red, white and green this week. Sliced strawberries (red) with some sliced kiwis (green) on our rich custard (white), on our own puff pastry squares. While quantities last! **\$3.49**

**ESPRESSO MUFFINS** - This is a coffee-flavored, 'cakey-style' muffin made with espresso and a hint of caramel.

Sure to become a favorite! **\$1.89 ea.**

Featured at **25% OFF THIS WEEK**

## **BLACK BAKED OLIVES**

What? I can see that you are puzzled ... but fear not, they are amazing. I can eat these by the armful. Baked might not be the best explanation, but they are dried in an oven, and therein lies the flavour secret. These add so much to almost any pasta, salad or appetizer plate — they are not pitted — but they are definitely a treat! Say Evan sent you. They'll know what you want! **Reg. \$1.29/100g.**

**1/3 OFF THIS WEEK**

## **HOT OR SWEET SAUSAGES**

Our Italian sausages are probably the most popular type that we make. We use coarsely ground Omega pork, fennel, rosemary, salt and pepper and of course some garlic. The sweet are mild, but the hot are really warm — be warned! You can grill these and have them on a bun, use the meat in sauces, or even grill and slice them into a stir fry or salad. Delicious! **Reg. \$4.99/lb**

**25% OFF THIS WEEK**

## **RUSTICHELLA PASTA**

This is the assortment of pasta that's packaged in the brown bag. It's great pasta from D'Abruzzo — the home of many pastas because it's an area that's particularly well suited to growing durum wheat. The whole range will be featured this week — mix and match.

**25% OFF THIS WEEK**

## — WHAT'S COOKING — AT THE **DELI**

Like most weeks, we'll start with soup, **Italian Wild Mushrooms** this week. To make this we use sweet onions, carrots, olive oil, white wine, tomatoes, the mushrooms, and 'spices'. This will serve 3-4 and will be featured at **\$5.99/containers.**

And next, we'll have **Insalata Caprese**, which uses those little fresh cheeses (bocconcini) and those amazing grape tomatoes, dressed with basil shreds, balsamic, olive oil and sweet onion slivers. Room temperature is a must here. **Reg. \$2.99/100g. 1/3 off this week.**

And further, we'll have **Risotto with Porcini Mushrooms**. It's Milanese-style, so we start with arborio rice — something special from Italy — chicken stock, garlic, olive oil and 'spices'. And we'll be making **Seafood Risotto**, too! We use calamari, shrimps and clams, as well as the special rice, tomatoes, parmesan and 'spices'. You will find these displayed in our brand new refrigerated case. Featured this week at **\$7.95/4"x5" containers.**

Next, we'll be busy making **Farmigiano** — in three styles; **Eggplant, Veal and Chicken**. These will have various prices but all will have a feature price at **25% off.**

And lastly, we'll have a frozen soup as well; our **Chunky Tortellini**. We haven't moved the freezers yet, so you'll know where to find this. What you'll also find are: a) lots of tortellini b) lots of veggies c) lots of flavour and d) a good deal! **Reg. \$7.95/900ml 25% off this week.**

**SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, APRIL 28<sup>th</sup>**

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**

