

## Some Canadians kind, caring

Re: What about help for Canadians?, letter to the editor by K. Sedgwick, Jan. 7

I was saddened to read this letter.

If Sedgwick lived in a tent with no clean water, education, health care and only small rations of food, no job, no prospects and no hope, perhaps he would appreciate help from Canadians who are kind and care more than he does.

ANNA IVES  
STOUFFVILLE

## Why didn't town councillors vote?

I had the pleasure of being in attendance for the Dec. 3 Town of Whitchurch-Stouffville council meeting.

I found the process of moving through the agenda as led by Mayor Justin Altmann to be very troubling. Most of the items in the agenda required a motion to accept, then a required seconder, followed by a vote for or against.

What I witnessed from my vantage point were a number of council members who actually abstained from voting at all a number of times. I won't center out which member abstained the most, but he is not new to council.

My own experience in being part of meetings structured similarly drew me to the conclusion that enough abstentions would indicate a vote of non-confidence. In this case the mayor would have to resign.

I hope the only outcome from this letter being published is an explanation in print from the mayor and councillors. Integrity would then require if laziness turns out to be the reason, that all subsequent meetings and motions would require the raising of hands even when no one from the public is in attendance.

Maybe the clerk in attendance can now publish in the meeting minutes how many councillors abstained on each administrative motion. When the motion was made to proceed with the leisure and library expansion, all of the councillors jumped back into action and participated in the vote as one would expect. The contrast was alarming.

The motion was completed through to a unanimous acceptance very quickly. Those who spoke in turn from the public were ignored. It all seemed staged.

We have but three years to make our response by vote heard. I don't feel confident with Mayor Altmann at the helm, who seems intimidated by financial restrictions rather than driven by creative solution based leadership.

STEVE HUME  
STOUFFVILLE

## Lucky to have first responders, hospitals

On Nov. 26, my husband suffered a heart attack and cardiac arrest at home.

The first responders arrived within three minutes and, due to their valiant efforts were able to resuscitate him and transport him to Markham Stouffville Hospital.

I can't thank all the wonderful people enough for not only saving my husband's life, but also for showing such kindness and caring to a very traumatized me.

The staff in the emergency department and intensive care unit of Markham Stouffville Hospital, through their dedication and care were able to stabilize my husband and they, too, I want to praise and thank.

Special thanks also to our neighbour and friend Sean, whose support from the beginning helped us through a very difficult and frightening time.

After further treatment at Newmarket's Southlake Hospital, my husband is now home and recovering well.

We in Markham are very fortunate to have the care and responsiveness of our first responders and hospital.

IRENE TADROS  
MARKHAM

C—ROASTING—  
CHICKENS

We're going to feature our really large Air-Chilled Chickens. To start with, these chickens run loose in really large barns... but by definition these are not free-range because they have no access to the outdoors, not that they'd want it this time of the year anyway. They eat as much or as little as they want, usually a lot, of corn and grain. The air-chilled part refers to the de-feathering process, and after. Rather than using really hot water to remove the feathers and with them, the outside layers of skin, cooler water is used, which leaves the skin, and unfortunately the odd feather, with the bird... a bit of a trade-off really. Then they are left to chill-down in circulating air rather than an ice-bath. A lot of the flavour of poultry comes from the skin, partially explaining why the anemic white chickens you see are generally flavourless, and wet, from the ice-pack. Ours are dry and flavourful... and our guys usually get all the feathers before you do! These chickens average about 5lb in size, give or take, and will feed 6 people easily, and usually more. **Reg. \$3.95/lb.**

**1/3  
OFF  
THIS WEEK**

C—PASS THE—  
CHEESE—  
PLEASE

We have three to choose from this week, the first being my fave Norwegian **Jarlsberg**, which is so much better at room temperature, a **Dutch Edam Cheese**, and the third is a **Smoked Gorgonzola** (Really). **Reg: are respectively \$4.49, \$3.49 and \$4.49/100g**, and they will all be featured at

**1/3  
OFF**

— Samples abound as usual. —

WHAT'S COOKIN'  
AT THE  
DELI!

We're going with two salads this week, the first being our **White Balsamic Potato Salad** with steamed red and white mini new potatoes, red onion slivers, red peppers, green peas, our bacon, and then dressed in a grainy mustard and white balsamic vinaigrette. **Reg: \$1.49/100g... Featured at**

**1/3  
OFF**

The second is **Cathy's Cole Slaw**, a very nice variation on our cole slaw. She makes this at home only if she's in a sharing mood, because I normally eat hers, too! **This will be featured at**

**99¢  
/100g**

One more of our features will be a fresh **Beef and Barley Soup**. This is a hearty cold weather soup with lots of beef. **Reg: \$7.95/900ml... Featured at**

**25%  
OFF**

Next up will be our **Butter Chicken**. We use our air-chilled boneless breasts, sweet onions, coconut milk and all the spices that make this delicious. Sold in 4"x5" foils. **Reg: \$9.95 each... Featured at**

**25%  
OFF  
THIS  
WEEK**

And our last item will be **Breaded Fillet of Sole**. All the work's been done, just ready to warm and enjoy. **Featured at**

**\$3.49  
/100g**

L—WHAT'S FOR—  
LUNCH?

Thomas here. For any of you still clinging to your New Year's resolutions, I applaud you for being a better person than I am. My parents promptly shot down my goal of spending less time at work and more time relaxing, they said some balderdash like 'I was too young to retire.' For any of you with more realistic, health-oriented resolutions, I decided we'd put our **Healthy Choice Turkey Avocado Sandwich** on special. We put our storemade **Roast Turkey on Rudolph's Multigrain Bread**, alongside sliced red onion, avocado, tomato, 'greens' and low fat mayonnaise. So go ahead and cut calories without compromising flavour! **Reg: \$7.49, Now**

**\$5.99**

For Sunday Brunch, we'll be serving Beef and Barley Soup, followed by either Bow-Tie Pasta with Chicken, Onion and Broccoli in Alfredo Sauce, Butter Chicken or Pot Roast with Gravy, with either rice or mashed and vegetable. Tea or coffee and a mini dessert. **Served from noon till 2 p.m. All for**

**\$11.95**

WHAT'S HAPPENING  
IN  
AISLE 4

We apologize for the spelling of Aisle (Isle) in the ad last week. Our resident proofreader (my wife) thought that it was one of my expressions and didn't recognize it as an error on my part.... first time ever!

In 'Aisle 4' this week, you'll find 'vitality' for 2016, both inside and out....

The first form is **La Tourangelle Grapeseed Oil**, from Portugal. Karen, one of the Queen Bees recommends this for its great moisturizing properties (and it's the cheapest body oil she's ever had), rich in vitamins, minerals and causing no skin irritation. Try it. And you will love it in the kitchen, too! 500ml size. **Reg: \$11.99 ea.**

**25%  
OFF  
THIS  
WEEK**

Next item is **Bee Pollen**. This comes from Staite's Apiary in Uxbridge. Our Queen Bee Karen has been buzzing around on Bee Pollen for 20 years. She swears by this product and forces us to keep our honey shelf well supplied. One teaspoon a day of this super food is an energy enhancer and immune booster! Get buzzing! 240g size. **Reg: \$12.99 ea.**

**25%  
OFF  
THIS  
WEEK**

And thirdly, we'll be doing a feature on my fave **Carli Olive Oil Soap**. My fellow hockey players always ask why my complexion (and on-ice demeanour) is so nice, and this has been my big secret. 6-pack. **Reg: \$19.95. Featured at**

**25%  
OFF  
THIS  
WEEK**

L—FRESH BONELESS—  
LAMB LEGS

We will have a deal this week on a wide assortment of preparations of these, starting with a **Rolled Roast**, a stuffed rolled roast with rosemary, any portion of a leg (if you need a moderate amount) in butterfly format either seasoned or Au Naturel.

**Reg: \$13.95/lb.**

Featured at

**25%  
OFF  
THIS  
WEEK**

T—RAINBOW—  
TROUT FILLETS

These come to us fresh and we sell them two ways; either marinated in canola with lemon and dill, or au naturel. They still have the little bones so you'll have to work with them a bit, but it's a nice, easy and delicious meal. **Reg: \$12.95/lb**

**\$12.95  
/lb**

Featured at

O—OUR  
ANDOUILLE  
SAUSAGES

I got a bit of a verbal smack last week from some of the folk at the store as I had not fully and adequately acknowledged 'The Year of the Legume', and they presented a culinary article from The 'Sun' (no kidding) as evidence. So, we've made some **Andouille Sausages**, which are great in a **Cassoulet**, in a **White Bean Soup**, or simply with mustard and boiled potatoes. They are a **Louisiana** specialty that have migrated northward. **Reg: \$5.99/lb**

**\$5.99  
/lb**

Featured at

WHAT'S  
BAKING  
THIS WEEK?

We've decided to do eclectic this week, and we'll begin with....

**Sour Cherry Pies**, with either a Streusel or a Lattice Top. We buy local sour cherries in season and freeze them, enabling these pies to be made out of season, but just as delicious as in peak season. These are 9" size, they are available either ready-to-bake or fully baked. **Reg: \$12.95 ea.**

Next item will be our **Apple Crisps** in two flavours; either Apple Au Naturel or Apple Raspberry. They are made in an 8"x5" foil, and need to be baked (after your dinner comes out of the oven) @ 350°F, or....we'll bake some daily and have them warm, ready to take home at 4:00pm. There is comfort food, and a whole world of comfort desserts, starting with these. **Reg: \$12.95 ea.**

Next on the list by my son's request are **Red Velvet Muffins**. The batter is red velvet, the filling is cream cheese, and the feel is decadent by a half! **Reg: \$1.99 ea.**

Final item is **Loretta's Banana Cake**. You all must know who Loretta is at the bakery counter, she's been here about 25 years. Her banana cake is sublime, with cream cheese icing and drizzled with our caramel. Garnished with pecans. **Reg: \$18.95 ea.**

NOW, ALL THESE  
ITEMS AND  
MAY BE MORE  
WILL BE FEATURED  
THIS WEEK AT

**25%  
OFF  
THIS  
WEEK**

C—CANTALOUPE—  
FROM COSTA RICA

I was about to write a little note about the sad condition of produce pricing, but it would take so long to write and even then I might not have all the facts. In short though, it is a problem emanating from a Californian Heat Wave in the fall, which brought all their crops on early and damaged many. They then had to go early to the next growing area (it's a progressive harvest) which was nowhere near ready, and it's been catch-up ever since, leaving the demand high and the supply low, resulting in very high prices. And to add insult to injury, there's the unfavourable exchange rate! Now, you could be forgiven for thinking that since the failure was in California, the crops from Mexico and Florida would be fine, but not so; the demand puts pressure on these other areas as the prices are bid up in order to get product, and it becomes a continental issue, and maybe further. In truth, there may be some opportunistic pricing involved as well, but let me assure you, not here. We do our best just to get you what you need, and sometimes it's just at our cost, like these cantaloupes. They are very good eating quality, a jumbo - size 9.

**\$2.99  
EACH**

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, JAN 17

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

twitter.com/villagegrocer

facebook.com/thevillagegrocer.unionville

instagram.com/thevillagegrocer

www.thevillagegrocer.com



4476 16th Ave. (Just W. of Kennedy)

905-940-0655