

Publisher proud of community building

BY LISA QUEEN
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You won't get far in a conversation with Ian Proudfoot without talking about community building and the role the newspapers he oversees as publisher have contributed to that goal.

It's a lifelong legacy that was recognized when he was honoured with the Ontario Medal for Good Citizenship in 2011 after being nominated by many community leaders. He was one of only 11 recipients from across the province to receive the award that year.

"I'm really proud of the role we've played in building better communities. Take a look at it, whether it's the hospital or it's the United Way or the Celebration of the Arts or our staff Santa Fund, the YMCAs and the YRAPs, all those that we've played a role in, we've made the communities better places to live," Proudfoot said, as he reflected on his career with Metroland Media Group.

"Our communities are not just geography. It involves our employees, carriers, contractors, stakeholders and shareholders."

After a career spanning an impressive five decades, Proudfoot, 62, will retire Jan. 29 as publisher of Metroland's sprawling central division, although he will continue his relationship with the company for the next year as a consultant.

Never one to travel an inactive road, Proudfoot is considering a role in politics, although he doesn't know if that will include a run for office or a position behind the scenes.

He is also committed to coaching young people on making a positive difference, expanding his extensive commitment to charities, launching his new business venture, Catalyst 2 Growth, and spending more time with his family.

'DO THIS FOR A YEAR'

His wife, Kathy, is just as active in the community and the couple has four children, Stephanie, Elliott, Laura and Neil.

Proudfoot joked that he's also looking forward to teaching his grandchildren, Ross, Madelaine and Kaili how to golf.

Taking the reins as the new publisher will be Metroland vice-president Dana Robbins, former publisher of The Hamilton Spectator and Grand River Media in Waterloo and a regular speaker on media issues, having addressed such diverse groups as the American Society of Newspaper Editors, the American Press Institute, the Canadian Newspaper Association, the New York Times Regional Media Group and the International Newspaper Marketing Association.

"I'm hugely excited. This is a wonderful opportunity. I've been blessed by a number of wonderful opportunities over the course of my career, but this is, by far, the largest, so (I'm) very, very excited," the 55-year-old Robbins said.

Proudfoot acknowledged his passion for newspapers wasn't immediately evident when he first joined the industry in 1978 as the assistant circulation manager of the Bradford Witness and York Regional Topic, part of an independent newspaper group.

"I remember thinking, 'I'm going to do this for a year. I'm going to get some business experience to put on a resume. Then I'll go find the job I'm looking for.' Never left. Never left the business," he said.

Still, even then, Proudfoot realized the important role of newspapers in communities when he and colleague Vern Catania spearheaded a campaign to resurrect the defunct Santa Claus Parade in Bradford.

Ironically, Proudfoot had no inkling of the

ROBBIE BURNS DAY

Our theme this week is Scottish in commemoration of the fabled Scotsman who was probably the most prolific and romantic writer of verse and of song. Basically a farmer, Robbie Burns followed his heart, at first unsteadily, but eventually to immortal fame as the national poet of Scotland. You can't attain these heights on an empty stomach, so we'll be serving traditional Scottish fare in his memory. We have used a bit of license where it was necessary to do so, but we should be able to make a Scotsman feel at home - right down to the haggis and potato scones. Please enjoy!

SEEDLESS NAVEL ORANGES

These are very nice size 40s (big) with thinner skin and a lot of juice. They come from the growing areas of Southern California, and are pretty close to peak season form. **Featured this week at**

99¢ /LB

SCOTTISH KIPPERS!

On 'The Day', you've got to raise up. Get your kilt on, and sit down to breakfast with them, all while to the music of Alasdair Frazer, Paul MacLillis and Natalie Haas on YouTube as they bring you right home to the Highlands of Scotland. **299¢ EACH** 170g./pkg. **Featured at**

P.S. We also have some heather to complete the picture.

LATE BAKING NEWS!

New for the occasion will be dinner-size **Kilted Sausages**. They are made with our full size breakfast sausages, and our puff pastry. Although some may wish to enjoy one of these on their own, our **Onion Jam** would be good!

299¢ EACH

WHAT'S COOKIN' AT THE DELI!

We'll start with **Potato and Bacon Salad**. For this, we use steamed red and white mini potatoes, our double-smoked bacon, diced peppers, pickled onions, and seasoning, all in a white balsamic dressing. **Featured at**

149¢ /100G

Next up, we'll be making our **Leek and Potato Soup**. In this, you'll find leeks of course, yellow-fleshed potatoes, sweet onions, garlic, fresh thyme, chicken stock, cream and a delicate seasoning. **Featured at** per 900ml container.

595¢

And next, **Rumbledethumps**. No kidding, this is local fare at its most local! It's a mashed potato dish with cabbage, chives and cheddar. We'll be serving this in 4"x5" foils. **Featured at**

399¢ EACH

And following on, we'll have **Scotch Eggs**, which will be my lunch each and every day for the rest of the week - I adore them! We use our breakfast sausage meat, thyme, bread crumbs and a hint of nutmeg.

349¢ EACH

And lastly, we'll be making a traditional **Scottish Beef Stew**. We use sweet onions, carrots, potatoes, parsnips (nips!), a touch of garlic and red wine. This will be available in 4"x5" foils. **Featured at**

795¢ EACH

RED PRINCE APPLES

These gems come in 3lb bags, and are the talk of the town. The apples are a medium size, so you might need to pick a couple for a snack - but it will be amazing!

299¢ BAG

SHOULDER JOINTS

This term should bring the meat nomenclature police out in force, but it's really a **Boneless Blade Roast**. The way to cook these is as pot roasts, and recipes are available. When you get them, they are trimmed really well (so you don't have to). What to serve with it? **'Nips and Tatties'**, which translated means **'Parsnips and Potatoes'** - and you'll need some of our **Onion Jam** too! **Reg: \$7.99/lb** **Featured at**

25% OFF THIS WEEK

WHAT'S FOR DINNER

We'll be featuring two items from our freezers, the first being our **Cream of Mushroom Soup**. We actually use a variety of mushrooms to make this, and you get that winter-time goodness of a chicken stock base. This is one of my favourite soups. **Reg. \$8.95/900ml**.

The second item is our **Stuffed Chicken Breast in a Dijon Mustard Sauce**. The breasts are roasted and then sliced and drizzled in a fairly mild Dijon sauce, which goes very well with rice. **Servces 2-3, Reg. \$20.95.**

25% OFF

BOTH THESE ITEMS WILL BE FEATURED AT

SQUARE SAUSAGES

You might know these as Lorne Sausages, so named after the original butcher who brought them fame. It's a pork sausage, with 'crumb' or 'rusk', which is English for breadcrumbs. It's on the mild side, and it's a must for the occasion.

499¢ /LB.

WHAT'S FOR LUNCH?

In honour of Robbie Burns week we'll be serving up **Haggis Sliders** at the cafe...kidding! Scots have long been known for their delicious **Smoked Salmon**, so we'll be making a totally tasty **Sandwich with Atlantic Lox**. We put a generous portion on sliced pumpernickel bread with cream cheese, cucumber, dill, spinach and red onion relish.

699¢

Also for breakfast every morning we'll be toasting up **Scottish Crumpets with Butter** and **Wild Blueberry Jam** for

149¢

For Sunday Brunch, we'll begin with our **Leek and Potato Soup**, followed by either **Shepherd's Pie**, **Chicken Breast in a Scotch Cream Sauce** or **Tortellini with Atlantic Smoked Salmon and Dill**, with either tea or coffee, and a mini dessert,

1195¢

Served from noon till 2!

SOME CHEESE PLEASE

Since our hearts and our palates are in Scotland this week, we'll be having two cheddars; the first is **Glenphilly Malt Whiskey Cheddar**, and the other is **Orkney 'Mature' Cheddar**. Both are hearty cheeses, and can be enjoyed with malt or ale. Both cheeses will be **featured at...** **Reg: \$5.79/100g. and \$9.99/200g. Respectively**

1/3 OFF THIS WEEK

Also, to let you know, our nice **Cream Cheese** has been re-stocked.

FROM AISLE FOUR

We'll be featuring a few items this week, starting with our assortment of **Robertson's Marmalades** as well as that of **Mackays Marmalades**. Both of these are available in 250ml size, with a wide variety of flavours. **Reg retails range from \$4.49 to \$5.99ea.** depending on the type, and they will all be **featured at**

25% OFF

But what to put this on? **Crumpets**, of course, which will be available in packs of 6 for **\$1.79 EACH**. There is nothing like these toasted, buttered and spread with marmalade or jam.

Next, we'll have **Crisps**, or what you would call 'chips', in a wide variety of flavours including **Haggis!** The brand is Mackies. They are in 150g size, **featured at**

299¢ EACH

Next, we'll have **Irn Bru**, the type of drink that will make you wish you were in a kilt. 500ml size. **Reg: \$2.79 ea.** **Featured at**

25% OFF THIS WEEK

Lastly, we'll have **Hyleys Scottish Pekoe Tea**, available in a very elegant tin. 125g size. **Reg: \$6.99ea.** **Featured at**

25% OFF

WHAT'S BAKING THIS WEEK?

Let's start with **Shortbread**. The 'Jewel in the Crown' of Scottish Baking, going back about 8 centuries, this is Doreen's Recipe, which we've used for about 25 years. And it's simply brown sugar, butter and flour, other than the addition of what subtle flavours there might be, in this case lemon, and also ginger. We sell these in hex containers of 300g size. **Reg: \$9.95ea.**

Next, we'll be making **Lemon-Blueberry Scones**, with wild blueberries, lemon zest, and some of our lemon curd baked through. **Reg: \$1.99 ea.**

Coming next is **Tipsy Laird**, which is a trifle made with sherry-soaked spongecake, fresh berries, vanilla custard and fresh whipped cream (real of course), packed in 16oz containers, which will usually serve more than 1, except when my buddies come for dinner. **Reg: \$5.95 ea.**

Carrot Cheesecake! I know carrot cakes are a big fave in Scottish home bakeshops, but this is something new. We replace the usual shortbread crust with a layer of carrot cake, then the cream cheese filling which is studded with chunks of carrot cake baked within! **Intro price of... \$1495¢ EACH**

Mary Queen of Scots Cake! This is a butter cake (think rich yellow) with mixed peel, dates, orange marmalade, and decorated with candied orange slices. **Reg: \$15.95 ea.**

NOW, ALL THESE ITEMS WILL BE FEATURED AT

25% OFF

Except for the Carrot Cheesecake, which has a special feature of its own.

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, JAN 24

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

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