

LETTER TO THE EDITOR

Seniors have stories to share

More people are living longer than ever before. You might be surprised that there are now more people over 65 than children under 14 years of age. How can we make Whitchurch-Stouffville better for older adults and those caring for frail seniors?

We want to hear the experiences and ideas of all residents.

The WS YOU 177 Community Collaborative, with a grant from the Government of Ontario and using a framework from the World Health Organization, is doing an Age-Friendly Community Planning Analysis. WS YOU 177 includes the WS Public Library, the Legacy Project research group, seniors groups and schools, and community and faith-based organizations.

We're completing a report for the community that will be shared with the town, region and province.

We've been talking with people of all ages. Not surprisingly, transportation is a big local issue, as is more community spaces for gathering.

Many seniors are lucky to have friends and family nearby, be healthy and still driving – though some have said more varied local learning opportunities would be great to help keep their mind sharp.

At the same time, we've also found many people out there who are lonely. There are people caring for a frail spouse or parents, especially those with dementia, who are facing emotional and financial stress.

We talked with one father who's getting older and is worried about the future for his disabled son. Another older gentleman lost his wife two years ago, relies on opening cans for his meals, and feels so down that he isn't interested in much around him anymore.

And a resident from the Philippines waited years to bring over her 75-year-old mother, only to have her mother return within three months to the Philippines because she couldn't overcome the language and cultural barriers.

We have a town full of stories. So, please share your experiences and ideas for growing older in Whitchurch-Stouffville, and how we can make a great town even better for our oldest citizens. Get and fill in a WS YOU 177 Age-Friendly Community Comments Form at the Whitchurch-Stouffville Public Library, at www.wsyou177.org or by calling 905-640-8914. The deadline is March 15.

BRIAN PUPPA, LEGACY PROJECT
FOR THE WS YOU 177 COMMUNITY COLLABORATIVE

Slew of impaired charges cause concern

York Regional Police is labelling the weekend "disappointing" after a slew of impaired charges were laid in just a matter of hours.

In the four-hour period from 11 p.m. Feb. 20 to 3 a.m. Feb. 21, a total of 10 drivers were arrested and charged with alcohol and drug-related criminal driving offences in York Region.

Despite recent tragedies that have occurred on York Region roads and ongoing efforts to stop drivers from drinking or using drugs and driving, motorists are continuing to put their lives and the lives of innocent people at risk by driving while impaired, police said.

Of the 10 arrests, three came as a result of motor vehicle collisions. Five of the arrests were a result of officers conducting RIDE spot checks and general patrol. Two of the arrests were as a result of concerned citizens calling 911 to report possible impaired drivers.

In three of the cases, the drivers arrested blew in excess of two-and-a-half times the legal limit of alcohol and one driver was impaired by drug.

On Tuesday, a woman, 28, arrested for impaired driving after a vehicle collision in Newmarket had left her seven-year-old daughter home alone. Officers attended the home and found the girl there, so her father was notified and he picked her up.

B-P-E-A-M-E-A-L-B-A-C-O-N

At risk of offending the nomenclature police, this is now known as **Sweet Pickled Boneless Pork Loin**, or something close, but if you labelled it as such, you would confuse everyone and when you travel in the southern States, this is considered 'Canadian Bacon'.

We just think of it as a normal country breakfast, or lunch if you rise late! One of our customers asked me last week why our bacon doesn't give off a lot of 'pan juice'. This answer is that it's not 'tumbled' or 'seasoned', a manufacturing process whereby the meat gains weight (water mostly) and then loses it in the pan, and only after you've paid for it! Ours doesn't, and it's well-trimmed, as a bonus. One thing to be mindful of is that the sale is for whole pieces – you'll need to do the slicing. If your knife is dull, bring it in for a tune-up, and if it's one from here, the sharpening will be free. **Reg. \$6.99/lb.**

1/3 OFF THIS WEEK

C-M-E-N-N-O-N-I-T-E-C-H-I-C-K-E-N-S

This will be a bit of an unusual feature, but for an unusually good product. **Mennonite Chickens** are grown the old-fashioned way, with lots of old-fashioned flavour, being grain fed, and grown locally (Arthur). They are available but once per week, and in this case they arrive at our store late on Friday, so our feature will be **Saturday only**, and until they are sold out because we have only a limited number. These chickens average about 7lb each, so they serve quite a few at a sitting, or make lots of chicken sandwiches. All the meat guys on the counter love these, so they are excited to do this feature. **Reg. \$4.69/lb. They will be featured at**

25% OFF

C-F-R-E-S-H-C-O-D-F-I-L-L-E-T-S

We'll have a feature this week on **Fresh Cod Fillets**. This fish has made a comeback of sorts after close to 500 years of overfishing. Have some for dinner, and you'll easily know why all this happened. It's really good! **Featured at THIS WEEK**

\$16.95 /LB

H-O-R-G-A-N-I-C-R-O-M-A-I-N-E-H-E-A-R-T-S

These are the organic cousin of **Andy Boy Romaine Hearts**, our usual go-to variety. These are nice and plump, and ready to perform in your salad. From California. **Reg. \$4.99 ea.**

1/2 PRICE THIS WEEK

S-F-L-O-R-I-D-A-S-T-R-A-W-B-E-R-R-I-E-S

Very nice berries are arriving from Florida, and these are as good as they come... and if you've been to Florida and been grocery shopping, you'll notice that ours are usually better and cheaper than what you find there!

\$2.49 CONTAINER

A-W-H-A-T-A-B-O-U-T-A-I-S-L-E-F-O-U-R?

The whole deal this week revolves around bread, starting with **Bread Dippers**. These come from a company called 'Wildly Delicious', and there are many flavours to choose from. 375 ml bottles. **Reg. \$10.00 ea.**

1/3 OFF THIS WEEK

Our next items are from a company called 'Jesse Tree', and they are **Tapenades**, spreads that you use as a savoury spread on your bread. They come in 212g jars, flavours are **'Black Olive', 'Artichoke' and 'Mushroom'**. **Reg. \$5.49 ea. Featured at**

1/3 OFF THIS WEEK

Now, you'll need some bread and we'll have **Baguettes** from 'Fred's Bread'. These are very popular in our store. **Reg. \$2.99 ea., and they'll be**

1/3 OFF THIS WEEK



L-W-H-A-T'S-F-O-R-L-U-N-C-H?

What we'll have is my #1 Son, Thomas, carving **Prime Brisket Sandwiches** on Thursday, Friday and Saturday of this week. Not only will he be carving, he prepared them from beginning to end as well – literally a slice off the old block, so to speak! These will be stacked on the Brioche from Fred's Bread with our Jack Daniel's Sauce.

\$7.99 EACH

For **Sunday Brunch**, we'll start with **Chicken Noodle Soup**, with either **Penne with Smoked Salmon, Chicken Cordon Bleu or Beef and Mushroom Stew**, with rice or mashed and a veg, tea or coffee and a small dessert, should you have room... **All for**

\$11.95

D-W-H-A-T'S-F-O-R-D-I-N-N-E-R

From our frozen section this week, we'll have our **French Onion Soup** and our **Pork Tenderloins** in three styles.

The **French Onion Soup** is beef stock based, with generous amounts of onions because they cook down a lot, fortified with some sherry. **Reg. \$8.95/900ml**

Our **Pork Tenderloins** are roasted sliced, and then drizzled with either a **Porcini Mushroom, Three-Peppercorn** or an **Apple Brandy Sauce**. These go well with either rice or pasta. Serves 3-4. **Reg. \$21.95**

25% OFF THIS WEEK

Both these items will be featured at

W-H-A-T'S-C-O-O-K-I-N-AT-T-H-E-D-E-L-I!

Let's begin with our **Spicy Bean Salad** (remember that it's the year of the legume). We make this with red kidney beans, black beans, diced sweet peppers, sweet onions, corn, chili and hot sauce. It is a bit sparky, and with lots of good flavour all ready to savour. **Reg. \$1.49/100g. Featured at**

1/3 OFF THIS WEEK

Our fresh soup will be **Roasted Red Pepper and Tomato**. Along with tomato, you'll find onions, celery, carrots, garlic and chicken stock, all cooked together to develop a bowl full of flavour. This is a very satisfying soup! **Reg. \$8.95/900ml. Featured at**

25% OFF

Our next dish will be **Chicken Cordon Bleu**, with our Black Forest Ham and Jarlsberg. These will be ready to warm at home. **Reg. \$4.99/100g. Featured at**

25% OFF

Speaking of warming things up, "If you can boil water, you can have great salmon"...in this case a fillet of **Dill Butter Seasoned Salmon**. This is an item from our 'Sous Vide' program. It comes fully cooked, you reheat it in the pouch that it comes in. Just follow the directions to a great dinner...you will be amazed at (a) the ease of preparation and (b) how good these turn out. **Reg. \$4.99/100g. Featured at**

1/3 OFF THIS WEEK

To finish all this up we're making a **Raspberry Balsamic Salad Dressing**. We use raspberry and balsamic vinegar, mustard and lemon. This will go really well with our gorgeous big Boston lettuces this week. Intro price of

\$3.99 /250ML

C-P-A-S-S-T-H-E-C-H-E-E-S-E-P-L-E-A-S-E

We've got the blues this week in our Cheese Department, specifically **Gorgonzola** from the Po Valley Area of Italy, **Stilton** from merry England and **St. Agur** from the Auvergne area of France. **St. Agur** is a lesser known double-cream cows milk cheese which melts or spreads more easily, and it's a little lighter in salt. **Reg. retails are \$5.49, \$4.99 and \$6.99/100g respectively, All three will be featured at**

1/3 OFF

W-H-A-T'S-B-A-K-I-N-G-T-H-I-S-W-E-E-K?

We always have a theme happening in our bakery, and this week it's **Blueberry**, starting with...

CHEESECAKE! This is our **Blueberry-White Chocolate Cheesecakes**. They begin with an old-fashioned shortbread crust, and the cheese mixture is studded with wild blueberries and white chocolate buttons, and it's finished with fresh blueberries white chocolate shavings and drizzle. You may wish to frame this rather than cut into it! Two sizes. **\$18.95 and \$29.95**

Our next item will be **BLUEBERRY PIES**. They can be had with either a pastry or a crumble top. Both are ready, but at their best slightly warmed. 9" size. **Reg. \$12.95 ea.**

Next, we'll be making **LEMON-BLUEBERRY LOAVES**. We start with fresh lemon zest, fresh lemon juice, and butter cake mixture with wild blues folded-in. **Reg. \$5.99 ea.**

The last item will be a **BLUEBERRY MUFFIN with WHITE CHOCOLATE**. These are amazing! **Reg. \$1.99 ea.**

ALL THESE ITEMS WILL BE FEATURED THIS WEEK AT

25% OFF WHILE SUPPLIES LAST!

T-U-R-K-E-Y-K-O-L-B-A-S-S-A

On a recent mini golf trip to Florida, I was asked to make more items for our store that are 'lighter' and we will be doing that over time. This **Kolbassa** is such an item – full of flavour with enough garlic to notice, but short on guilt. Try some, and I think that you'll be impressed!

1/3 OFF THIS WEEK

Reg. \$1.99/100g



SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, FEB 28
Hours: Mon. ~ Fri. 8:00-8:00 | Sat. 8:00-6:00 ~ Sun. 9:00-6:00

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