

Tourney supports homeless

Markham and Stouffville's women's hockey team for charity, Hockey Helps the Homeless, is aiming to raise more money than the men's team.

Hockey Helps the Homeless, a charitable organization in its 20th year, organizes hockey tournaments to raise funds for homeless support agencies across Canada.

Dallas Hegland, Stouffville resident and member of the women's team, says it's the second year her team's participated and her fourth year as a participant.

"Our goal this year was to get more money than the guys' team," Hegland said. "We decided to get as much money as we can for donations so we organized a fundraiser dance."

Though the tourna-

ment is on Nov. 18 at the Angus Glen Community Centre in Markham, Hegland and her teammates are holding a fundraiser dance at the Stouffville Legion on Oct. 21.

Cover for the dance is \$15 and it runs from 8 p.m. to 12:30 a.m. All proceeds from the dance and the tournament will go to 360 Kids, a Richmond Hill-based agency helping homeless and at-risk youth.

The total goal for Markham/Stouffville's tournament is \$200,000 split between men and women at \$150,000 and \$50,000 respectively.

To donate to the women's team, visit <http://bit.ly/2dYW5AS>

To donate to the men's team, visit <http://bit.ly/2dYWcwi>

Work out for Special Olympics

Flex your muscles to support a charitable cause at Stouffville's CrossFit Crux this Saturday, Oct. 22.

CrossFit Crux is participating in CF|24, a charitable event that aims to raise money in support of Special Olympics Canada. To date, the charity has raised \$150,000 nationally.

All proceeds go toward funding athletic competitions and youth programs for individuals with intellectual disabilities.

Six teams of three from CrossFit Crux members will perform a 10-minute "workout of the day" every hour on the hour for 24 consecutive hours. Last year, \$5,000 was raised from Stouffville.

"People can donate online or come to the gym and donate," said CrossFit Crux owner Cindy Allinson. "If someone wants

to come and work out for two hours, that's fine too, we're just asking for a small donation."

The first workout begins at noon on Saturday, where Special Olympics athletes from Stouffville, Aurora and Newmarket will also participate. CrossFit Crux is located at 118 Sandiford Drive, Unit 2, Stouffville.

"The reason we started this is because one of our members, Dan Banks, works very closely with Special Olympics athletes," Allinson said.

Banks coaches basketball and softball for special needs athletes in Aurora and Newmarket and is also a member of CrossFit Crux. Ten teams signed up last year, but this year Allinson said there are 24.

For more information or to donate, visit cf24.org.

—Ali Raza

CHICKEN CUTLETS

These are made with our air-chilled chicken breasts which we flatten out and bread with our specially seasoned crumbs. They are a really quick and easy meal that works good with almost any side (think Napa Slaw), or simply slip them into a bun for a meal on the run!

Reg. \$12.49/lb.

25% OFF THIS WEEK

FRESH TILAPIA

We've arranged a feature on Fresh Tilapia from our fish counter. It will be available either au naturel, with lemon and dill or with a Cajun blackened spice.

Featured at

\$9.95 /LB

DEL MONTE PINEAPPLES

These are super-sweet pines from Costa Rica. We bought the largest size this week - 6's - and they are too big to fit in our coring machine, so you'll have to slice them at home.

\$2.49 EA

WHAT'S COOKIN' AT THE DELI!

Our salad feature this week will be our Black Bean Couscous. There are a lot of moving parts here, and they meld well. You'll find this on the light side, refreshing and flavourful.

Reg. \$1.69/100g, and featured this week at

1/3 OFF

Next, we've made a Cream of Cauliflower Soup. We use chicken stock, Yukon potatoes, carrots and celery and the cauli, of course!

Reg. \$8.95/900ml. Featured at

25% OFF

Following this, we'll have Kulam's Butter Chicken. We use boneless chicken breast cubes, with sweet onions, garlic, ginger, coconut cream, tomatoes and spices. I love this primarily because it's full of that exotic flavour without being overly spicy or hot. Serve this with basmati rice.

Reg. \$9.95/4x5 foil, and featured this week at

25% OFF

This week we're going to be demonstrating and sampling our Sous Vide offerings on Friday and Saturday. For this occasion, we are bringing Basil Glezakos from the meat room in the basement to sample our fare, and give you a "Basil Buck" towards your purchase. Here's a guy who never met anyone that he didn't like, and any food that he didn't like, either. We'll be warming and serving a number of our dishes to give you an idea of how easy this format is, and how delicious, as well.

And lastly, our Salad Dressing feature will be our Brandied Cranberry Dressing. It's a bit sweet and sour, and me thinks that this is especially great with Boston lettuce.

Reg. \$5.99/250ml. Featured this week at

\$3.99 EA

LOCAL BROCCOLI!

We'll have some of our local Broccoli on feature this week. Given the time of the year, this might be the last of the best, so get your greens while they are good and close at hand!

\$1.49 EA

PASS THE CHEESE PLEASE!

This week we'll have 'Red Leicester' cheese for you. Historically this was made with cow's milk in the Leicester area of England, and, like cheddar, was coloured with carotene...the agent-orange of carrots. The white variety was a wartime expedient due to shortages, so the 'natural' one is actually reddish. It's cheddar-like but somewhat crumblier as it ages, and it's a bit more delicate. It's a great companion of red wine, Merlot especially.

Regular \$5.29/100g, and featured this week at

1/3 OFF

DRISCOLL'S RASPBERRIES

These are the late season California crop, and after what seemed like an eternity of high prices, they have moderated to the point that making a raspberry pie makes sense.....or simply au naturel might work, too!

\$2.99 PKG

PIZZA PIZZAZZ!

Our pizza feature this week will be our Blue Steak Pizza. It's got blue cheese, grilled steak strips, mushrooms and tomato sauce. 12" size

Featured this week at

\$10.95 EA



WHAT'S FOR LUNCH?

We'll be featuring one of our regular wraps this week, my personal favourite wrap as a matter of fact, and one of Grethe's creations, our Smoked Turkey & Brie Wrap. On a large tortilla, we put shaved Black Forest turkey, spinach and romaine, sliced Granny Smith apple, dried cranberry, double creme brie cheese, red onion and lemon aioli.

\$8.99 EA

Sunday Brunch will begin with our Cream of Cauliflower Soup, followed by either Beef Stroganoff, Penne Carbonara or Chicken Breast with a Mushroom sauce, with either rice or mashed, tea or coffee and a mini dessert, all for \$11.95 ea. Served from noon till 2.

ITALIAN OLIVE OILS

We have two really nice ones to choose from this week. The first is our well-known Carli in the 750ml size, and the other is the lesser known GIANNI CALOGIURI AFFIORATO variety in the 250ml size. The Carli would be better used for salad dressing and the like, while the Affiorato would be a special occasion choice for more delicate use. Both are regularly \$19.95 each, and

both will be featured at

1/3 OFF THIS WEEK

SAN MARZANO TOMATOES!

These come tinned in a 796ml size, from the San Marzano area of Italy, and have the reputation of being the best tomatoes for sauce. So....if making sauce or soup is in your future, this is your chance.

Regular \$6.49 each, and featured at

\$4.99 THIS WEEK

WHAT'S FOR DINNER?

From our Frozen Selection, we'll have our Corn Chowder Soup and our Italian-Style Meat Balls. The soup is thick with ingredients - pretty much a meal in-a-bowl, while the meat balls will adorn a plate of spaghetti, fill a sandwich, or simply serve them with rice - very versatile and flavourful. Regulars are \$8.95 and \$16.95 respectively, and both will

be featured at

25% OFF

ENGLISH BREAKFAST SAUSAGES

I have just returned from a trip to Northern Ireland, and I must say that I tried many of the sausages on offer. In my opinion, and in that of my golf-mates, - ours are still better. We've doctored the recipe for this week a bit; we'll have our regulars and some with maple.

Reg. \$6.99/lb. Featured at

25% OFF

LOTS O' PUMPKINS

We received another load of pumpkins yesterday. Lots of choices! The very large ones are especially nice, but we've got mediums, smalls and very tiny, too!

WHAT'S BAKING THIS WEEK?

We're going to be baking with Apples, and we'll start with one of my all-time faves; our CARAMEL-APPLE CHEESECAKES - We start with a shortbread crust, piled in the cheese filling with ribbons of caramel and lots of cooked, spiced apples, and then finish with shingles of apple slices and caramel glaze. The big trick here is to serve this slightly warmed - no kidding! You will thank me! Two sizes, Reg. \$18.95 and \$29.95

CARAMEL-APPLE BUTTER TARTS - These are equally decadent! The pastry shells are filled with our butter tart filling, then with a generous amount of our spiced apples, and then after baking, they are drizzled with ribbons of caramel, just to be sure that we've achieved the decadence factor. Reg. is \$9.99/pack of 6

APPLE-PECAN COFFEE CAKES - These are Cliff's (our big baker) famous coffee cakes, made with fresh sliced apples, apple cider and pecans baked-in. When they are done, we give them a touch of caramel love. You'll find that these are just as good, if not better, on the second day. Reg. \$19.95 each.

APPLE TURNOVERS - We use our own puff pastry to make these and over-fill them with apples and cinnamon, then finish them with a dust of coarse sugar. Reg. \$3.99 each.

All these items will be featured this week at

25% OFF

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