

# Funding cut hurts vulnerable residents

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she said in an email.

"We receive many more proposals than there is available funding and each application is carefully evaluated through an equitable process. All applicants are made aware that it is a competitive process and there is no guarantee of funding."

Proulx is surprised the housing help centre, which has been operating since about 1993, and the ID clinic, which began in 2002, lost funding after so many years. "They said my proposal that I wrote did not score as high as other proposals they had received," she said, adding the centre employs five people including her.

"After I heard that we didn't get funding, I really didn't hear a lot after that other than my proposals didn't score as high."

The housing help centre helps low- and moderate-income York residents find housing and refers them to other services.

"We can assist them in connecting them to food banks and clothing, resources and furniture and all those other services that they need to support themselves," Proulx said.

"Even once they get housed, clients continue to rely on us because they call us and say 'I'm behind on my rent or I can't pay my hydro bill or I don't have any food or I don't have any clothing and where do I go?'"

There are about 14,000 people on the region's waiting list for subsidized housing.

That leaves lower income residents scouring for a modestly priced place to live in a region where the average rent for a bachelor apartment is \$815 a month, compared to \$1,036 for a one-bed-

room, \$1,194 for a two-bedroom and \$1,357 for a three-bedroom.

Even when clients find housing, the centre often works with them to ensure they remain housed, Proulx said.

When a report on homelessness was released last month by the region and the United Way of Toronto and York Region, officials spoke about the importance of ensuring the marginally housed keep a roof over their heads.

Meanwhile, the ID clinic pays the processing fees for lower income residents to obtain necessary documentation such as birth, marriage and death certificates, social insurance numbers, Canadian citizenship certificates, health cards, immigration papers and Ontario photo ID cards.

Identification is necessary to obtain a wide variety of services, from applying for social assistance and accessing food banks to getting health care and registering children for school, Proulx said.

Staff recently assisted a homeless client who was receiving a monthly \$300 street allowance.

While filling out paperwork for him, they realized he turned 65 this month and is entitled to a monthly allowance of \$1,750, Proulx said.

The ID clinic also acts as a mailing address for the homeless and marginally housed, she said.

The Community Legal Clinic of York Region, which offers legal support to low-income residents, often refers clients to the housing help centre and the ID clinic, community legal worker Kim McKinnon said.

The loss of the programs will be disastrous for some of the region's most vulnerable residents, she said.

## OUR PEAMEAL BACK BACON

We make this right here, always have, and we make a lot of it! What makes ours different than most is that (a) it's not over-pumped with curing brine, and (b) it's not 'tumbled', a process whereby the meat 'grows' in weight.

How this makes a difference is that you won't have a lot of 'pan juices' when you cook ours. And it won't be salty - and as a bonus, ours is trimmed pretty well, too. Centre-cuts only, and during a sale as this, it's sold by-the-piece, (because keeping-up with the slicing would be hopeless, since it's all done by hand). **Reg. \$6.99/lb. Featured at 1/3 OFF THIS WEEK**

## WHAT'S HAPPENIN' OUTSIDE!

We have received another shipment of outdoor greenery and arrangements - and even decorated trees if you don't want frozen fingers.

There are great choices of boughs and adornments if you are a do-it-yourselfer, and our very helpful ladies will assist you should you wish.

Indoors, poinsettias abound, with many more to come, as well as cyclamen and amaryllis.

Further, inside is getting into the Christmas spirit, as we prepare for our after-hours **Open House on December 1st**. This will be a customer appreciation evening with lots of treats and goodies of the season - check our website for details.

## FLORIDA GRAPEFRUIT

Extra large in size, super juicy and sweet. **99¢/LB**

## FRESHLY SQUEEZED ORANGE JUICE

Our Orange Juice is the best! We'll be squeezing Florida oranges fresh each morning so you'll be guaranteed the tastiest juice around. **25% OFF Reg. \$5.99**

## WHAT'S COOKIN' AT THE DELI!

We'll start with our **Tomato-Olive Salad**, which uses grape tomatoes, pine nuts, Tuscan olives, chopped green onions, oregano and red wine vinegar. I find this salad refreshing and un-complicated. **1/3 OFF Reg. \$2.29/100g. Featured at**

Next up, we'll be making **Cream of Green Pea Soup**, which is with peas of course, sweet onions, carrots, celery, Yukon potatoes, cream and chicken stock. This is somewhat different than the French-Canadian version, and I think that you'll enjoy it just as much (or maybe even more). **25% OFF Reg. \$8.95/900ml**

Following this, we'll be making **Chicken Cacciatore**, which is a lower-cal version of a **Chicken and Tomato Stew**. It's got onions, sweet peppers, tomatoes, white wine and some garlic. **Reg. \$9.95 per 4x5 foil and featured at 25% OFF**

Our Sous-Vide item this week will be our **Atlantic Salmon with Dill Butter**. Once again, this is fully-cooked and then vacuum-packed. What you do is warm it in-the-bag then serve it. No mess! No better dinner! Simple! **Reg. \$5.99/100g - Featured at 25% OFF**

And lastly, our salad dressing of the week will be **Brandied Cherry**, something new in the dressing department. It has a touch of lemon and mustard as a compliment, and it will go well on a mixed green salad. 250ml size. **Featured at \$3.99/JAR**

## OUR STUFFED CHICKEN BREASTS

These are in no way ordinary, but rather they are from our large **Roasting Chickens** that we de-bone. We leave the skin on for flavour, and stuff them with either our traditional sage & onion stuffing, or a fruitier version with cranberries. One of these will serve three or even four, and if you end up with leftovers, you've got a great chicken sandwich happening. Cooking instructions will be available - it's an easy and down-home dinner. **Reg. \$11.29/lb. Featured 25% OFF this week at**

## SALES AISLE 4!

We've decided to promote the whole variety of **'Perth & Pestle' Red Pepper Jellies**. There are actually 15 to choose from, and they all have difference optimum food pairings with either meats or cheeses. Varieties are Grapefruit, Papaya-Lime, Horseradish-Black Peppercorn, Hot-Hot-Hot (like Mabel), Moroccan Tangerine, Roasted Garlic, Thai Mango, Balsamic Fig, Strawberry-Balsamic, Raspberry-Chipotle, Spicy Tart Cherry, Blueberry-Sambuca, Smokey El Paso, Spicy-Bombay and Original - (But how could you reach for the original with all these temptations?) **1/3 OFF MIX OR MATCH Reg. \$7.49 ea, and Featured this week at**

## PIZZA! PIZZAZZ!

Our feature pizza for this week will be **Chicken Carbonara**! We use our bacon, grilled chicken slices, sliced mushrooms, with mozzarella cheese on a parmesan cream sauce. If you haven't had one of these, this is the time. 12" size, med-thin crust, and delicious. **\$10.95 EA Featured at**

## CRANBERRY MAPLE SAUSAGES

These have a pretty smooth character. The maple helps here, the seasoning is mild and the cranberries add just a notch of tartness. Roast these and serve them with Mashed or our Scalloped Potatoes, maybe with a bit of my fave Nance's Mustard - or Doreens Cranberry Sauce. **Reg. \$6.99/lb. Featured at 25% OFF**

## PASS THE CHEESE PLEASE!

There will be three features this week; the first being **'St. Agur'**, which is Canadian-Made blue cheese that will thrill you. Next is **Mango-Papaya Wensleydale**, and the third is **'Auricchio'** an aged provolone, which is great either sliced into a salad, on a charcuterie board or busy enhancing a good Salami Sandwich. **Reg. are \$6.99, \$5.49 and \$5.99 respectively, and all three will be featured at 1/3 OFF THIS WEEK**

## WHAT'S BAKING THIS WEEK?

We're thinking **Ginger** this week. This is a big spice in our world, and especially so in the Bakery during the Christmas season. We'll be baking.....

**CANDIED GINGER SHORTBREADS**.....these are our 'all-butter' shortbreads that we bake with chopped candied ginger. It gives them a beautiful long flavour to fully savour; so long actually it might take two or three to fully savour the flavour. When we say 'all butter', what we mean is that we don't use margarine or oil to make these, as is pretty commonly done. Genuine stuff only at our store! **Reg. \$9.95 per 300g hex package.**

Next are **GINGERBREAD CAKES**.....these are made with 3 layers of moist ginger cake, full of all the usual spicy gingerbread characters, and plump golden raisins. The cake is then filled between the layers and iced with a brandy buttercream, and then decorated with gingerbread men and gold flakes. Just a note here; since it is buttercream, room temp. is a must. **Reg. \$15.95 or \$25.95**

**GINGERBREAD MUFFINS**.....these are actually like a mini cake. It's a moist buttermilk muffin with a hint of orange zest, golden raisins and the classic gingerbread spices, and iced with a white fondant glaze, and all this supporting a bite-size gingerbread man. **Reg. \$2.29**

**GINGER COFFEE CAKE**....This is another of Cliff the Baker's incredible creations.....this coffee cake has buttermilk, spices, candied ginger, chopped fresh apples and cranberries. Finished with a fondant glaze. **Reg. \$19.95**

The final item will be our **MINCEMEAT TARTS**. What makes these especially good is that we make, and age, the mincemeat well in advance, all in the traditional manner. At one time we would make this with Bass Ale, but sadly, we haven't had any luck getting this of late, so we use Newcastle Brown to give this the depth of flavour of old. **Reg. \$9.95/6-pack, or \$1.99 each**

.....all these items will be featured this week at **25% OFF** While supplies last.

## HOCKEY WITH HEART

We will be doing our annual Food Drive starting Sunday, December 6th. How it works is that we come Saturday and leave a bag at your door, with a note of explanation, and we'll be back for pick-up the next day. Food is for the Markham Food Bank and the Alliance Church Christmas Project. Watch for our ad and website to let you know what streets we'll be prowling on the particular day. The Unionville Men's Hockey Club and Hockey with Heart thank you in advance for your amazing generosity as in the past, and we look forward to a very successful Food Drive this December!

## WHAT'S FOR LUNCH?

We're bringing back an oldie but goodie this week, the **Village Grocer Club Sandwich**. We hand-carve grilled chicken breast and load it on paninis with smoked bacon, avocado, tomato and a lime & basil aioli. Will be available for **\$7.99** We're also serving up **Peppermint Mocha Lattes** for the holiday season, which are one of my personal favourites. And if you're still looking to pick up the perfect stocking stuffer, we will have the **Nutcracker Blend Coffee** from Velvet Sunrise or you can pick up a pre-paid coffee card for lattes, cappuccinos or any hot drink at the cafe.

Sunday Brunch will begin with our **Chicken Noodle Soup**, followed by either **Roasted Chicken Breasts in a Mushroom Sauce, Penne with Smoked Salmon or Beef Bourguignon**, with either rice or mashed, tea or coffee, and a mini dessert should you have room.

Served from **\$11.95** Noon till Two, **1/PERSON** all for

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, DECEMBER 4

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

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