

Cliffside Meats Donates \$3000 to Keep Local News Alive



By Joyce Mowl

With the recent shutdown of the Scarborough Mirror, Gordon Doucet, the owner of Cliffside Meats and Deli (2476 Kingston Rd), took it upon himself to make a generous donation to our very own Bluffs Monitor newspaper. The generous \$3000 donation came as a surprise to the publishers, who will use the money to keep the paper up-and-running and delivering great community-based news for years to come.

"The Bluffs Monitor always brings the news out that the other newspapers don't publish. It's all

about the community, and what's going on in the community, what's happening here," said Doucet. "You get that news out and the articles are always interesting."

Doucet first began advertising with the Bluffs Monitor in 1985, shortly after he opened Cliffside Meats with his wife, Margaret. Doucet's butcher shop has always been a family affair. His son began to work there at age 12, Margaret's mother worked the counter on weekends, and Margaret's father came in on Fridays to help make burger patties with Doucet.

The previous owner of the Bluffs Monitor, Lee Graves, first met Doucet when she arrived to interview him and take photos of the shop when it opened. She became a regular customer shortly afterwards. "It was just two years after the

Bluffs Monitor came to life," Doucet recalled. "At the start, the Cliffside Meats and Deli ad was a bit smaller, and the product was a little different than what it is now. Back then, it was just the holiday items like turkeys and hams, and then we didn't even make the pie!"

Today, Doucet is a regular advertiser in the Bluffs Monitor with loyal clientele throughout Cliffside and Cliffland. With the new condo developments well on their way nearby his store, he looks forward to meeting new neighbours and serving them the best cuts, marinated meats, and pizza money can buy. According to Doucet, many have already stopped by and voiced their excitement about having a great quality butcher shop within walking distance of their new home.



Bluffs Monitor Publishers, Glenda (left) and John Snee (right) flank Cliffside Meats' Gord Doucet and accept a very generous cheque that will help in the day-to-day running of the paper. Thank you Gord! From all of us at the Bluffs Monitor.

Vaccination Eligibility and Where You Can Get It

In Canada, the cold, flu and respiratory virus season normally runs from fall through winter. Having the flu, a cold or COVID can lead to mild symptoms like fatigue but in some cases, it can lead up to severe complications or death. Among those eligible for vaccination, some people are at higher risk for complications or hospitalization due to the flu or COVID-19. These people include individuals 65+, living in a care facility, young children, people with other co-morbidity or chronic health conditions and marginalized communities.

Everyone aged 6 months and older is currently eligible to receive the flu and you are eligible for the COVID-19 vaccine if it has been more than 6 months since your last

vaccine or confirmed infection. There is no need to wait between the two vaccines. Anyone, 6 months of age and older, can get any seasonal influenza vaccine at the same time, before or after any other vaccines, including COVID-19 vaccines, if you prefer. People taking treatments or with conditions that weaken their immune system should speak to their healthcare provider about when to get each dose for the best immune response.

You can book a call with the VaxFactors+ Doctor to answer your specific questions <https://www.slm.ca/vaxfactors>. There are daily habits we can all do to stay safe and protect others this fall. You should regularly wash your hands including before eating and prepar-

ing food, after blowing your nose, coughing, or sneezing. Avoid touching your eyes and covering any coughs or sneezes. Wear a mask when in indoor public spaces with other people like transit, or busy stores. If you are feeling unwell, you should stay home to reduce the spread of any illness. If you have any respiratory symptoms, using an at-home Rapid Antigen Test (RAT) kit can help a physician give advice on care plans and determine if you need to delay your next vaccine.

If you are unsure of what care is needed, you can start by calling 811 or using their online chat feature to speak with a nurse. To be seen in person for care you can access local Scarborough assessment centers or walk-in clinics to help re-

duce long waits in the Emergency department. You can find an interactive map of vaccine clinics and assessment centres here <https://on.slm.ca/vaccines/>. If we all do our part, we can reduce the spread of influenza and Covid-19 this year. If you have any questions you can email ambassador@schcsc.com

SCFC is opening a Cold, Flu, and COVID Assessment Clinic this Friday, November 24. The clinic will run every Friday from 5 pm - 8 pm and every Saturday from 10 am - 2 pm (check on holidays) from the 629 Markham Road Unit 2 Community Health Centre near Shoppers Drug mart in the Lawrence @ Markham Rd N. intersection.

The clinic provides free 30-minute assessments for those with moderate symptoms common to COVID-19, the flu, or a cold. The provider will assess your symptoms and develop a care plan. An OHIP card is not needed. This is a great option for those not feeling well this respiratory season. With no wait time, it helps community members get the right care in the right place. Walk-ins are welcome or people can book online here <https://on.slm.ca/registration/online-booking/online-738-6415-478-486-71641094448>

Compiled with files from Scarborough Centre for Healthy Communities

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RE/MAX Hallmark Real Estate Group Photo: www.raycochrane.com

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