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## Cliffside Meats Donates \$3000 to Keep Local News Alive



With the recent shandows of the Scarborough Mirror, Gordon Doucet, the owner of Cliffside Ments and Deli (2476 Kingsten Rd). took it upon himself to make a gencross docurios 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 morer ap-andrunning and delivering great community-based news for years to

\*(The Bluffs Monitor) alseasy beings 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 hoppening here," said Doccet, "You out that news out and the articles are always interesting."

Doucet first began advertising with the Bluffs Moritor 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 course on weekends, and Margaret's father came in on Fridays to help make hurser matties with Descet.

The previous owner of the Bluffs Monitor, Lee Graves, first met Doucet when she arrived to interview him and take photos of the ship when it opened. She become a regular customer shortly afterwords. "It was just two years after the Douget recalled, "At the start, (the Cliffside Meas and Deli ac) was a bit smaller, and the product was a little different than what it is now. Back then, it was just the haliday items like rarierys and hams, and then we didn't even reaks the piect"

Today, Douzet is a regular advertiser in the Bluffs Monitor with loyal clientele throughout Cliffside and Clifferest. With the new condo developments well on their way nearby his store, he looks forward to moving new neighbours and soreing then the best cuts, marinated ments, and mes money can buy. According to Doucet, many have already stopped by and voiced their escitement about having a great quality betcher shop within walking distance of their new home.



Bluffs Monitor Publishers, Glenda (left) and John Smee (right) flank Cliffside Meets' Gord Douort 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 Eligibilty and Where You Can Get It

In Canada, the cold, the and resporatory 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 CUVID-19. Those people include individuals 65+, living in a care facility, young children, people with other co-muchidity or chronic health conditions and marginalized communities.

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

There is no need to wait between the two vaccines. Anyone, 6 months of age and older, can get any seaserial influenza viaxine 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 VexFects+ Doctor to answer your specific questions https://www.shn.co/varfacts/. There. are duity 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 conglis 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 beip 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 \$11 or using their online char frature to speak with a nurse. To beseen in person for cure you can acons local Scarborough assessment centers or walk-in clinics to help reduce long waits in the Emergency department. You can find an interactive map of vaccine clinics and here assessment. centres. https://en.soht.ca/reseuross/-If-weall do our part, we can reduce the sgread of influenza and Covid-19 this year. If you have any questions email 2003 ambassacionúsich contamo ca

SCEC 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 must in the Lawrence E/Markhem Rd N. intersection.

The clinic provides free 30minute 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 onton 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 back online CHES berg https://ocean.cognisantmd.com/online-booking/eclist-758-b465-4c2e a0cn-71541094445a

Compiled with files from Scarborungh Centre for Healthy Communi-



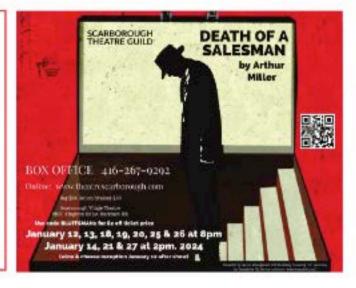
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## FEATURE HOME OF THE MONTH 6 Colonial Ave.



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duce long waits in the Emergency department. You can find an interactive map of vaccine clinics and assessment centres here https://en.soht.ca/resources/ 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@schcontario.ca

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Compiled with files from Scarborough Centre for Healthy Communi-