

Maple syrup festival at Bruce's Mill

Maple syrup tours are coming soon to conservation area near you.

The Toronto and Region Conservation Authority's Sugarbush Maple Syrup Festival begins March 2 at the Kortright Centre for Conservation on Pine Valley Drive in Woodbridge and at Bruce's Mill Conservation Area on Stouffville Road in Whitchurch-Stouffville.

More information on the festival is available at 416-667-6299.

Sugar Bush Tours will be offered at Sheppard's Bush Conservation Area, a property of the Lake Simcoe Region Conservation Authority on Industry Street in Aurora, on the weekdays from March 18 to 28. To arrange a tour, call Al Leach at 895-1281, ext. 233.

Annual Cottagefest show kicks off at fairgrounds

A kids fishing tournament and guest speakers highlighting the wild animals who populate cottage country are among the highlights of this year's Cottagefest show, taking place Friday through Sunday at the Markham Fairgrounds on McCowan Road.

Five fairground buildings are being used for this year's show, which producers claim is the largest in its seven-year history.

The Bassmasters Casting Kids Tournament makes its debut at Cottagefest.

It's one of a number of tournaments

held across Canada encouraging children to try fishing.

Wildlife experts Jody and Dale Gielow are discussing cottage country wildlife and will have some living examples.

Exhibitors include cottage country Realtors and retailers selling ATVs, fireplaces, art, solar products, boat shelters, docks and spas.

As well, wildlife painter Angus Spencer will be on hand, plus wood-burning artist Sarah Spencer.

Show hours are 1 p.m. to 9 p.m. Friday, 10 a.m. to 6 p.m. Saturday and 10 a.m. to 6 p.m. Sunday.

Admission is \$7 and children 12 and younger are free. Seniors are admitted free on Friday.



Markham Stouffville Hospital Department of Paediatrics Presents Ask Dr. Bear

A Season for Wheezin'

Dear Dr. Bear: My doctor just told me my little one has bronchiolitis.

What is it?

That is a very good and timely question. Bronchiolitis is a medical condition, which causes lower airway (lung) congestion and narrowing in children usually younger than 2yrs. of age. It commonly occurs during the fall and winter months (October-April) and is usually caused by an infection known as RSV (Respiratory Syncytial Virus). There are other winter viruses capable of producing very similar symptoms.

Due to the narrowing of these smaller airways, children often present with wheezing (a whistling sound best heard on exhaling). Other symptoms include fever, cough and runny nose. The younger the child, the more distressed they can become. Some children may be so distressed that they become hypoxic (lower than normal blood oxygen) and short of breath. Breathing is labored and as a result, they may become dehydrated. These children may require hospitalization for rehydration and supportive care including oxygen to help them breathe more comfortably.

How long does it last?

Bronchiolitis usually lasts between 10 to 12 days and affected individuals can be contagious for up to 10 days after acquiring the virus.

Is there any treatment?

Bronchodilators (airway openers) are often used to relieve narrowing, but unfortunately there are no effective anti-viral medications. Bronchodilators are available in many forms including puffers, liquids and solutions for nebulizer (air compressor). Your pediatrician or family doctor will help you decide which formula best suits your child's needs.

How contagious is this and can I prevent it?

RSV bronchiolitis is very contagious and is often spread via air (airborne) or by contact with objects shared by children/individuals infected with RSV. Good hand washing and preventing children from sharing toys/objects is an effective way of preventing further spread.

Babies born significantly prematurely, as well as other children with inherent lung diseases and who acquire RSV, are at higher risk for hospitalization and complications. A new RSV vaccine has been developed and is presently being recommended by the Hospital for Sick Children and other medical groups advocating for children. Ask your pediatrician or family doctor if your child qualifies for this vaccine.

Dr. Lee joined the MSH paediatric department in 1998. He graduated from the University of Toronto School of Medicine in 1989. He continued his training at the Hospital for Sick Children. With a special interest in Neurology, he joined the medical staff at Centenary Health Centre. Dr. Lee practices in Unionville with his associate Dr. Helen Tsui, M.D.



Dr. Kevin Lee

Please mail, fax or email your questions to:

Julie Ponsford,
Child Life Specialist
Markham Stouffville Hospital
381 Church Street P.O. Box 1800
Markham, Ontario L3P 7P3
Fax: 905-472-7564;
Email: jponsfor@msh.on.ca
Visit our website at www.msh.on.ca

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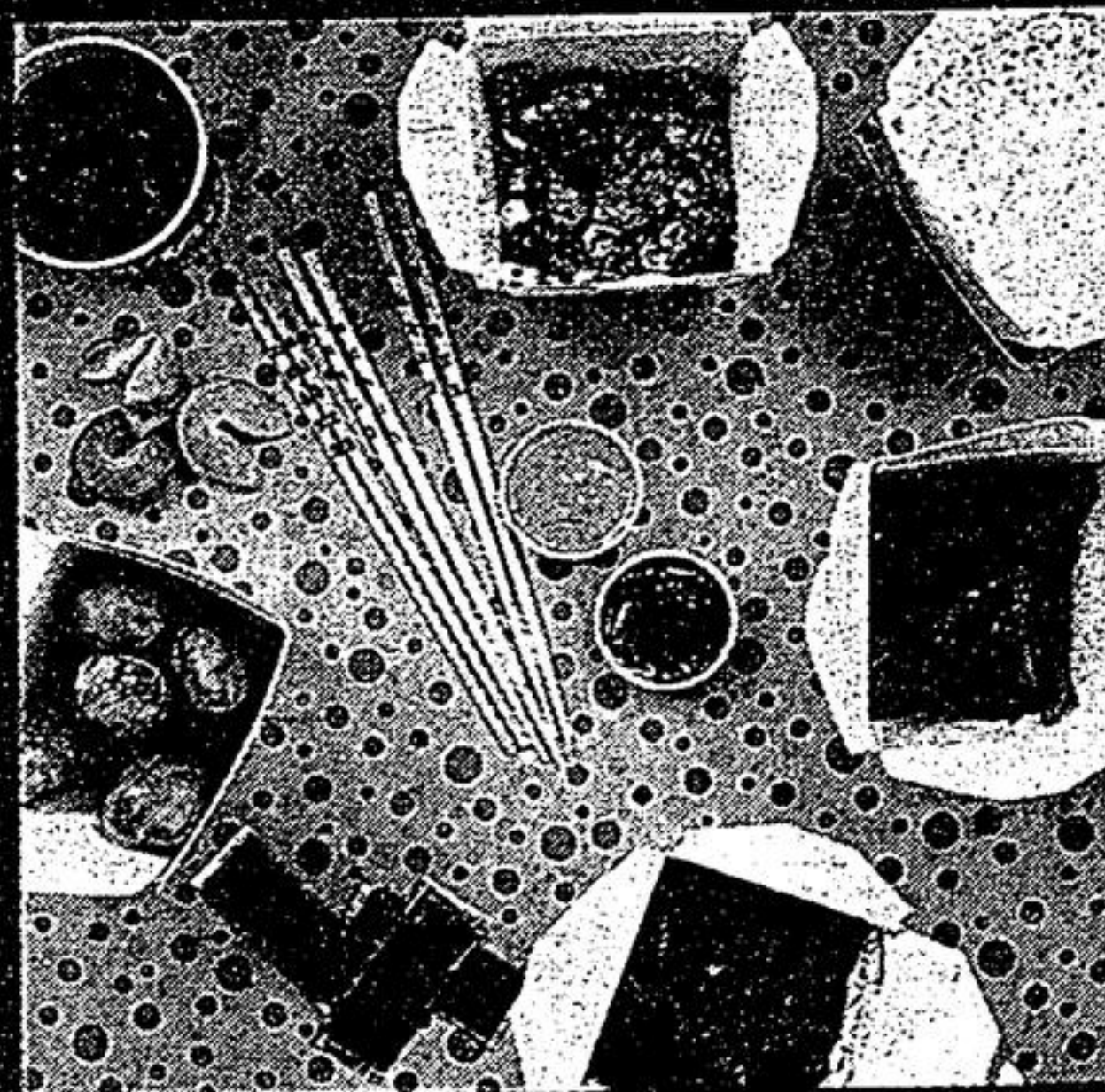
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