

Hand washing vital in this E.coli world

Trust is only an issue when it shatters.

Last year, the residents of Walkerton learned a very expensive lesson in putting their lives in the hands of others.

Walkerton was devastated to learn that sloppiness and sneakiness contributed to the death of seven people, all victims of an E.coli virus.

Poor handling of the town's water system also resulted in hundreds becoming sick. Some were very sick.

Today, Walkerton is trying to heal, trying to forgive and trying to move forward. The rest of Canada wishes only the best for Walkerton.

If ever a community paid too high a price for blind trust it was this western Ontario town.

When, earlier this week, a Durham Region health official announced that Extended Spectrum Beta Lactamase (ESBL), a strain of E.coli, was diagnosed in long term care facilities in the region, warning bells rang.

Walkerton needed to be bitten only once for the rest of us to be shy.

Because the E.coli strain has also touched York Region, I knew our health reporter Lisa Queen would have her work cut out for her.

When a health issue threatens the community at large, it makes for a good story. In such cases, the media provides a vital service. The role of the messenger is enhanced when the public has to be notified and educated.

The warning bell also rang on a personal note. I made a wish: I wished that my mother, a resident of an Oshawa nursing home, was being kept out of harm's way.

My mom has had more than her share of pain and lost mobility. She deserves to live out the rest of her life in comfort. And Mom is quick to tell us, "A little peace and quiet would be nice."

The last thing mom or any other frail and elderly person needs is to be hit with a drug-resistant super bug.

Bill Mindell, York's director of infectious diseases control, pointed out frail and elderly people with weakened immune systems



Joan Ransberry

living in institutions are most vulnerable because they are unable to wash their hands thoroughly after going to the bathroom.

They then put their hands in or near their mouths, or spread the bacteria by grabbing an object later touched by another resident. And on it goes.

This marks Canada's largest ever outbreak of ESBL E.coli. While it is not the same strain that did such terrible damage in Walkerton, it's no pussy cat either. In July, ESBL E.coli killed four people in Durham.

The number of victims in the Greater Toronto Area, including York Region, has now reached 200.

After three phone calls to my mom's nursing home, I finally received a simple answer to a simple question. I learned one of the nursing home's two buildings is E.coli-free. My mom's OK.

If common-sense precautions are taken, she should remain safe.

The public is wise to keep an eye on things.

Don't be afraid to ask questions: If something scary is hovering around your loved one, obtain as much information as possible.

As well, find out what we, as a community, can do to help harness this virus.

We've learned this strain of E.coli is not spread through the air, it's not in the water, it's not found on food. But it most definitely is passed from one person to another.

Preventive measure include going back to basics and practising the old art of hand washing. Insist that health care workers wash their hands many times throughout the course of the day.

Here's a message from me to mom: Your child wants you to wash your hands 10 times a day. And don't forget to clean your fingernails.

FRESH GEORGIAN CORN

This corn will be arriving Thursday and Friday. It's really good corn at a really good price — and with this weather, it'll be great to have a corn cook-out!

19¢
cob

WHAT'S HAPPENIN' ON THE SIDEWALK?

The weather has been a bit surprising, but have faith, sooner or later it will warm up and we'll all have our hands dirty in the garden.

One thing that we continually hear is that: "We've shopped around and we've been everywhere, and you guys not only have the best stuff, but you've got the best prices, too! You may not have everything. But the quality of what you've got is great."

For this week we've got.....

SMALL STUFF ~ You can mix or match to make your own basket, urn or window box. The million bells are especially nice this year, but there's verbena, bacopa, lobelia, new guinas, gazanias and lime — plus a lot more. We'd be happy to plant any arrangement that you'd like, in your containers or ours. There is a \$7.50 fee for smaller and a \$10.00 fee for larger creations.

ARBOURS ~ We've received our first arbours, made of unpeeled cedar (similar to last year) — more stuff to come, including trellises and bridges.

COCONUT MIXED BASKETS ~ These mixed hangers are either large or extra large, and look great!

GERANIUMS ~ We've got a good supply of hangers (including ivy geraniums) and medium size mothers in a lot of different colours.

PATIO POTS ~ Pots of colour for sun or shade, as far as the eye can see. We get huge praise for these.

BACOPA AND LOBELIA ~ in large size fibre hangers. They're best in fibre because they'll hold the moisture better — gives you a bit more maintenance leeway.

HIBISCUS ~ we've received a great shipment of hibiscus bushes and standards at \$30.00 and \$40.00 — really nice.

MANDEVILLA ~ have started to arrive watch for them this weekend.

— and don't forget that for any pot you buy at our store you get a **KATE'S BUCK** that you can spend in her store on great garden accents.

HUMMUS

Next to our spinach dip and our roasted red pepper dip, this is the most popular, it's a bad day when we're sold out. Regular and Spicy Hummus are on feature this week, so if you haven't tried them yet, now is a great time.

Reg. \$1.79 / 100 g

25% OFF THIS WEEK

SOMETHING NEW!

We've imported a new B.B.Q. sauce from the Montgomery Inn in Ohio. It's a brushing or a dipping sauce, and we really love it!

HADEN MANGOES

There are 4 main types of mangoes, and Hadens are the best. We've got them this week in a '9' size, which is really large, they've got good colour and they're ready to enjoy.

From Mexico!

99¢ ea.

FRESH FLORIDA BLUEBERRIES

Blueberries are now available in full pints — which is good because you'll need a lot of these to feed up on after a long winter.

Full pints.

2.99 ea.

WHAT'S FOR DINNER?

Our feature from the freezer this week is our full range of lasagnas, including our meaty version, our vegetable, and our chicken, spinach & mushroom variety.

Reg. \$14.95 ea.

25% OFF THIS WEEK

WHAT'S HAPPENIN' AT THE BAKERY?

... in two words — **LEMON MADNESS!**

It all started with the lemon tart in the food section of the 'Star' last Wednesday and it got worse from there — so much so that almost everything in the bakery is lemon-coloured or flavoured this week!

LEMON MERINGUE PIES — I was showing an old friend of mine around the store a couple of weeks ago (who now works for Sobey's, high-up) who returned to the store after our visit to buy one of these — and called back after to compliment the bakery on it: (9" pies)..... \$10.95

LEMON LOAVES — this is the iced variety that we make..... \$4.50 ea.

EVAN'S SOFT LEMON COOKIES — we don't make these all the time, so it's best to eat them while you can! Dipped in chocolate..... \$5.95 pkg.

LEMON CHEESE CAKES — these are the ones with the lemon curd swirled into the cheese cake — it's our most popular —..... \$12.95 & \$20.95 size

LEMON TART — this is the one that was in last Wednesday's Star. Old-fashioned lemon curd painstakingly made with egg yolks, sugar, lemon and butter cooked over a double boiler and cooled till the next day, then baked in a shortbread crust in three varieties: It comes in.....

- * Wild Blueberry
- * Fresh Raspberry
- * Au Naturel..... \$17.95 ea.

(No wonder supermarkets don't make homemade stuff)

LEMON JELLY ROLLS — these are our amazing jelly rolls, this time filled with Jaana's amazing lemon curd.... \$10.95 ea.

LEMON SQUARES, TWO TYPES: We'll have our old favourite lemon-coconut PLUS a new one. These are one of our long-time customer, Ted Pike's favourite. He thinks that "They're the best thing in the world". Now available for public consumption!

\$1.99 ea.

LEMON & WHITE CHOCOLATE MOUSSE in pistachio shortbread crust with strawberries. How good is that?..... \$18.95 ea.

LEMON CURD SCONES..... \$1.29 ea.

While I was outside the other day tending the flowers, one of our longtime customers, Charlene Figges, came up to me and said, and I quote: "You know Evan, that you're contributing to the decline of Western civilization — it's just so decadent in there", referring of course to our bakery.

I took it as a compliment, with thanks!

— and by the way, all of our lemon items are.....

25% OFF THIS WEEK

CREAM OF CARROT SOUP

This is one of, if not the best-selling soups we make. We start by making our own Chicken Stock, we use local carrots (while they're available), which are nice and sweet, we use cream and it's spiced just right.

Reg. \$5.49 ea.

Serves 3 - 4

25% OFF THIS WEEK

YOU COULD WIN!

Get your raffle tickets. You could win a number of great prizes, including a year's shopping in our store. All of the money goes to Markham-Stouffville Hospital (\$45,000 last year). Tickets are \$10.00 each and are available from any of the members of the Unionville Slo-Pitch League or at our store. Only two weeks to go!



SPECIALS IN EFFECT UNTIL CLOSING SUNDAY JUNE 2ND
Hours:
Mon. 11:00-7:00 ~ Tues. Thurs. 9:00-7:00 ~ Fri. 9:00-8:00
Sat. 9:00-6:00 ~ Sun. 10:00-5:00
548 Carlton Road, Unionville
940-1770