

# Dead crow in Markham had West Nile, tests show

BY SIMONE JOSEPH  
Staff Writer

A dead bird has tested positive for West Nile Virus in Markham, the first bird reported in York Region this season.

"Lab results have confirmed one bird and an additional mosquito pool have tested positive for West Nile Virus," said Dr. Karim Kurji, York Region Medical Officer of Health. "Mosquitoes are active until the first hard frost of the year and residents must remain vigilant about protecting themselves and their families."

The bird was found near Woodbine Avenue and Hwy. 7.

Like humans, West Nile Virus is transmitted to the bird and human population by infected mosquitoes.

Crows, blue jays and other birds are known to be most susceptible to the disease and act as an early warning sign of the presence of the virus in a particular area.

The symptoms of West Nile Virus illness are fever, muscle weakness, stiff neck, confusion, severe headache and a sudden sensitivity to light. For a rare few, the virus causes serious neurological illness, including encephalitis (inflammation of the brain). Those experiencing symptoms should seek medical help.

Residents are asked to report sightings of dead crows and blue jays at 1-800-361-5653.

Residents are urged to:

- Minimize outdoor activities at dusk, night and dawn;
- Wear long sleeved shirts, full-length trousers, socks, light coloured clothing and tuck pant legs into socks when possible;
- Consider using an insect repellent, as directed;
- Ensure screens on your home are tight-fitting and in good repair;
- Eliminate stagnant water around your property where mosquitoes can breed.

# We're great place to walk, cycle, award claims

BY CHRIS TRABER  
Staff Writer

If you like getting around on two feet or a pair of wheels, York Region is the place to be.

Our region has been named as one of Canada's best places to walk or cycle.

"We are proud of the recognition we have received for providing smarter and better commuting options," Markham regional councillor and York Region planning and economic development committee chairperson Tony Wong said.

"Walking and cycling improves our health, reduces air pollution and helps to make our transportation network more efficient."

York was recognized by the Transportation Association of Canada with the 2007 sustainable urban transportation award for its pedestrian and cycling master plan.

The announcement was made at the association's annual conference Monday in Toronto.

This is the second national planning award York has earned for its pedestrian and cycling master plan.

The first was from the Canadian Institute of Planners earlier this year.

York Region shares this

year's award with the City of Welland's street lighting conversion program.

"Integrating an improved sidewalk system and cycling network with regional transit helps to link neighbouring communities and municipalities while decreasing reliance on the automobile," York CEO and chairperson Bill Fisch said.

Improved conditions for walking and cycling for people of all ages, a convenient and continuous pedestrian sidewalk system and an on and off-road regional-scale cycling network are benefits York residents can expect from this master plan," he said.

The master plan intends to guide York Region residents toward alternative commuter options such as walking, cycling, public transit and carpooling by giving pedestrians and cyclists priority.

The plan was developed through extensive consultation with the region's partners and stakeholders, including staff at the regional and local municipal levels and the public.

To access the plan, visit [www.york.ca](http://www.york.ca) and click on important links.

## — OUR — CHILI CON CARNE

You have to know that football is coming into focus when our kitchen folk gear up to make lots of this chili. I'm not sure when the big game is, but since this is frozen, you'll be able to keep it till the big time arrives - and if all games are big, best to buy 2 or 3!

Reg. \$12.95 Serves 2-3

**25%**  
OFF THIS WEEK

## MARINATED — FLANK — STEAKS

I hope that your B.B.Q. has not been bundled up and stored for the season because you'll need it this weekend. Our marinated flank steaks will be featured and hopefully, we'll have enough. What makes these steaks so good is that they're quick to prepare at home — all the work's been done. They store well so that you don't have to use them immediately and they're really delicious.

Reg. \$8.95 lb.

**25%**  
OFF THIS WEEK

## FAIR WARNING

The Unionville mens' hockey league starts this week, and we have big plans for our 'Hockey with Heart' project for this year. I will keep you posted ....

## BANTARCTIC BUTTERFISH

This is also known as Bluenose Sea Bass — and it comes from the area south of New Zealand. The flesh is fairly firm-textured, like pickerel in colour, and it whitens on cooking (also like pickerel). It's moist and succulent — similar to grouper. — Fillets —

## BOULANGERIE ACE BAKERY



## — OUR — SIRLOIN BURGERS

If you were lucky enough to be in the outfield beer tent at Crosby Park on the weekend to watch the men's ball league finale, you would have had one of our sirloin burgers. We cooked a lot of them — and I ate a few, too. They are made with just that, ground sirloin steak, seasoned up in a secret way, and made in an 8 oz. size so that they fill the bun. We make these very lean, so they're juicy without the high calorie count a fatter burger would have. We don't make sirloin burgers all year round, so with this weekend's forecast, you'll surely want a few!

**5.95**  
lb.

Who won the finale? The Remax Classic ball team — seems they have a lock on this.

How did the Village Grocer team do? We came last, but we have a plan ...

## S CHICKEN NOODLE SOUP

Our feature in the soup department will be chicken noodle. You might be forgiven for thinking that, since it's just soup, we could get by using cheap chicken to make this — and that we'd save lots of money (because we use lots of chicken) — but we use really nice air-chilled chicken that we pay a premium to get. The result is proof enough of our quality thinking!

Reg. \$6.49

Serves 3 to 4

**25%**  
OFF THIS WEEK

## WHAT'S HAPPEN' IN PRODUCE!

This is the first day of Ontario yams. Peaches are done, squash of many types are in, small pumpkins (large soon) are here, mini pumpkins, and lots and lots of decorative gourds — and the weather is good too. I remember when I was a young guy going to school — the weather from the first day of school would be amazing. I felt short-changed at the time, but now I just feel that it's a sublime time.

## WHAT'S HAPPEN' OUTSIDE!

We have just received another couple of shipments of outdoor Fall flowers. There are a lot of medium-size hardy mums in various colours and varying stages of bloom, and yet another lot of the ever-popular 4" mums to make your own urns and to replace any garden casualties. A few more pepper plants have come, some yellow, some orange; some of the smaller size heather (cute enough to make a Scottish girl homesick!) and the first of the season cyclamen in both 4" and 6" sizes. Properly cared for, these will last more than a couple of seasons at home. And lastly, there are some very cute 4" cabbages to round out your planters.

## FREE-RANGE TURKEY

We've sold these amazing turkeys now for 22 years. Although the farm has changed hands from father to son, it's the same growing and processing technique that has produced what we — and others — feel are the best turkeys available.

What makes them so good?

It's simple, really. Firstly, they eat lots of grain and corn — as much or as little as they want, because they run loose. Add to this a gentler de-feathering process which leaves more of the natural flavour (and the odd feather) with the turkey, and you'll have a bird which exceeds your expectations without the aid of the artificial enhancement that Butterballs and pre-basted turkeys receive. Ours are moist (naturally), tender and full of flavour — and they cook a bit quicker as well. Although we have pretty much any size above 14 lbs. available, I would be picking one from 16 to 20 lbs. — they seem to have the best meat — and lots of it.

Ready to roast!

— Also, should you wish parts of turkey, including breasts which are boneless (either plain or stuffed), they'll be available.

**2.99**  
lb.

## WHAT'S COOKIN'? AT THE DELI ...

The kitchen crew will be making, among a lot of other things ....

**MANGO CHICKEN BREASTS** - These are air-chilled breasts stuffed with a combo of mango chutney, celery, red grapes, caramelized onions and a bit of curry. They just need to be warmed at home.

**TUNA SALAD** - We make this daily and it's a fixture at my house; always on the list when I get the 'What's for Lunch?' call.

**BEEF FAJITA WRAP** - This is our Friday lunch sandwich deal. It's made with sautéed steak strips, onions, peppers, cheddar cheese and seasoned with a light Cajun spice..... \$5.99 ea.

## WHAT'S BAKING? THIS WEEK ...

It's the beginning of cranberry season and we'll be making ...

**CRANBERRY-BUTTERTART FLANS** - We begin with a shortbread crust and a beautiful butterscotch filling full of cranberries. This is an item which should be served at room temperature, or even better, a bit warm. One size ... \$18.95 ea.

**THANKSGIVING CHEESECAKE** - This also has a shortbread crust, but with spiced apples (we make them too) candied pecans and our own cranberry sauce, too

Two sizes ..... \$14.95 and \$22.95 ea.

**AUTUMN PIES** - This is the large, deep-dish pie, made with spy apples, bartlett pears and cranberries — and it comes with a crumble topping.

Reg.....\$16.95 ea.

**CRANBERRY SHORTBREADS** - These are our hand-cut shortbread with cranberries and orange zest.

Reg.....\$9.95 container.

And, these items will be featured at ...

**25%**  
OFF THIS WEEK

"Leave anonymous tips by phone or online"  
"Cash rewards for anonymous tips that lead to an arrest!"  
**1-800-222-TIPS or www.crimestoppersyr.ca**

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