

Faith guided book for ill grandchild

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A week.

That is how long the Neill family spent at Toronto's SickKids waiting to find out what exactly was happening to their child who was just a few months old, but having unexplained seizures.

The answer was tuberous sclerosis, which is a genetic condition characterized by skin and central nervous system lesions, generally benign tumours and seizures.

"We went through every emotion possible," Stouffville's Angel Neill, Waverly's mother, said of the diagnosis that came when her daughter was three months old.

"Why us? What did we do? What did I do during my pregnancy," Mrs. Neill said of the many questions she and her husband, Jamie, asked themselves.

While neither parent is a carrier of the gene, tuberous sclerosis can occur as a "spontaneous genetic mutation," according to the Tuberous Sclerosis Canada website.

Cause of the mutation remains unknown.

How severely tuberous sclerosis affects a person ranges from an individual never knowing he or she has the illness to developmental delays.

The severity is also dependant on the tumour location. For example, if it is in the brain, it can block the flow of cerebral spinal fluid in the brain, leading to behaviour changes, nausea or headaches.

Kidney tumours have the potential to become so large they take over the kidney's normal function.

At two-and-a-half, Waverly had brain surgery to remove some tumours. The procedure was successful, however it has delayed her learning by about two years, according to her grandmother, Deanna Soules.

While some medications have helped Waverly, there is no cure.

To help raise money to find a cure for tuberous sclerosis and bring comfort to other children and their parents battling the illness, Ms Soules wrote a children's book - *Waverly and the Blue Dolphins*.

Ms Soules, 63, has never written before this, but took some courses before embarking on the book.

"I just sat down at the computer and prayed. I needed help with writing," she said.

"It came from up above and I had lots of help to write it," she said.

One of the illustrations in the book is Waverly's.

Before she went for brain surgery, she drew a picture. It got packed in with her things and hung up in her room.

The nurse thought she saw an angel and dolphins in the drawing. "We just thought it was scribble," Ms Soules said.

Waverly, now 7, knows about the book, but Ms Soules said her granddaughter will never be able to read it.

She has a five-year-old sister, Zoe, who is anxiously waiting for her own book, according to Mrs. Neill.

For the past three years, the family has held the Waverly Open at Sleepy Hollow Golf and Country Club. So far, the event has raised about \$30,000. The money has gone not only to tuberous sclerosis, but also to the Make a Wish Foundation, according to Mrs. Neill.

Ms Soules and the Neills were named the 2013 family of the year by the Whitchurch-Stouffville Public Library.

For more information on tuberous sclerosis, go to www.tscanada.ca

- SIRLOIN STEAK - ROASTS

The correct nomenclature for these would be 'top sirloin roasts', but we use our own names so that we don't get confused. These are cut from the same meat that we cut the steaks from, and they're 'leaned-out' to make sure you don't have waste and unusable bits. They are good oven roasts, and especially good if you prefer leaner cuts of beef. Sizes range from 2lb to a max of about 7lb, which is more than enough to feed a dozen. **25% OFF THIS WEEK** Reg. \$9.95/lb

FLORIDA GRAPEFRUITS

We've got a load of nice and juicy new-crop Florida Grapefruits this week. These are size 32's, which are quite large. While they last. **99¢ lb. THIS WEEK**

FARMER'S SAUSAGES

This is a milder sausage that we grind fairly fine, and use some marjoram, some allspice, a bit of mace and some toasted wheat crumb. We stuff them into a larger casing, so they are great to B.B.Q. and perhaps garnish with caramelized onions and Nance's mustard...a little bit of heaven. Reg. \$4.99/lb. **25% OFF THIS WEEK**

WHAT'S COOKING AT THE DELI

This week we'll start with our *Stirrup Salad*, which is made with baby shrimps, diced sweet onions and peppers, baby spinach and rice. It will be featured this week at \$1.49/100g

Next, we're thinking soup, in this case, *Red Lentil*, with most all vegetables known to man. This is our *Fresh Soup* this week and it will be featured at \$5.95 per Litre.

Our *Frozen Soup* feature will be *Cream of Asparagus*. We buy a lot of asparagus during the local season and freeze it away so we can make this year-round, 900 ml size. Regular \$7.95 ea. Featured this week at 25% off

For dinner, there will be three options. The first one is *Cheese Tortellini* in a *Rose Sauce*, with basil, chicken stock, tomato and 'spices'. These are 4"x5" foils, and they'll be featured at \$5.99 each.

The second option will be our frozen *Chili Con Carne*, which comes in an 8"x5" foil, and is fully prepared when you get it. Just heat and serve. Regular \$12.95 each. Featured at 25% off

The third item will be *Sirloin Meat Balls*. These are hard-ball size, made exclusively with ground sirloin, and they are mildly spiced so that you will be able to enjoy that great sirloin flavour. These are best served with a simple beef gravy and mashed potatoes. All three will be specially-priced at the *Deli-To-Go* counter, and will be available for Friday and Saturday lunch at the café.

PIZZA PIZZAZ!

Featured **\$7.95** EACH this week at

Thomas here. I've said it before, and I'll say it again, "A Margherita pizza is the standard any pizzeria should be measured by." Made with fresh tomatoes, fresh mozzarella and basil, this pie embodies the essence of Italian cuisine; the marriage of ultra-fresh ingredients with understated simplicity. We've brought in Fior di Latte mozzarella for the weekend to use on these, which is firmer than buffalo mozzarella, creamier than bocconcini. Also, just to keep things interesting, we'll have two salamis to adorn your margherita pizzas with, a mild Genoa and a spicy Calabrese. Featured at \$7.95 each.

- WHAT'S FOR LUNCH?

This week we'll have a *Pesto Seasoned Chicken Breast* on a *Fred's Pomini*, with sundried tomatoes, parmigiano reggiano, roasted peppers, arugula and mixed greens. Featured at... **\$7.99** Soup or Salad, add 99¢

Sunday Brunch will be *Red Lentil and Cumin Soup* (really good), with either *Cheese Tortellini* in a *Rose Sauce*, *Beef Stroganoff*, or *Chicken Breast* in a *Mushroom Sauce* with either *mashed or rice*, *tea or coffee*, and a *mini dessert*. Served from **\$10.95** 11:00 am till 2pm All for...

Monday is *Remembrance Day*, and on that day (and this Sunday) *Vets eat free*. By Vet, we mean anyone who has served in the *Canadian or Commonwealth Armed Forces*.



- CALIFORNIA - ARTICHOKES

I am freshly-back from the artichoke fields in *Monterey* (actually *Castroville*) and we'll have a feature on some of these beauties, along with recipes to help you get the most out of them. Large size. **99¢ THIS WEEK**

NEWS FROM MY BUDDY ALLAN

This weekend is the *Markham, Unionville Homes for the Holidays* house tour. *Karen and Linda* from *Queensbridge Mill*, along with *Erin and Joanna* from the *Village Grocer* floral department are hard at work creating designs that are sure to inspire! After touring 8 beautiful homes, join us back at the *Markham Civic Centre* for some early Christmas shopping. On Friday, all of the designers will be hosting holiday seminars at their shopping booths. The *Queen Bee ladies* will be showcasing some new trends for the holiday season, and will teach you how to set your table like a pro! *Joanna* will share her secrets on how to make an outdoor planter that will make all your neighbours jealous! Check out www.visitthevillage.com for more information and ticket sales.

- SMOKED BLACK COD

We will be making some of our *Smoked Black Cod* this weekend. This is a perfect appetizer when you flake it onto a cracker. The flavour of this fish is long and mellow, and perfect with a glass of *Chardonnay*. Reg. \$3.99/100g. Available from Friday to Sunday. **25% OFF THIS WEEK**

WHAT'S BAKING THIS WEEK?

I am very excited about this week, because we're making several of my favourite things. We are baking with **LEMONS!**

Lemon Blueberry Muffins. It is a bad day at the bakery counter if these beauties are not available first thing in the morning! We make the muffin mix much like our lemon loaf and add a whole bunch of blueberries! I think the secret to our success with muffins is that we make all the batters from scratch, and they are more like delicious little cakes than muffins. \$1.89 ea.

Limoncello Custard Squares. We first started making these after my last trip to Italy, where I discovered "Limoncello" liqueur that was served morning, noon and night everywhere. Since then *Limoncello* has become a staple in our bakery. It marries especially well with custard and strawberries, which are the ingredients used in these squares alongside puff pastry and a bit of whipped cream. I could eat the whole bowl of *Limoncello* custard all by myself! \$3.99 ea.

Lemon Loaves. *Lemon loaf* is one of the first things we ever baked in our original store. It is still made the same way, we just make a lot more now. This dense lemony pound cake, with a rich butter icing used to be my breakfast of choice in my younger days before I went to the produce terminal at 3 am. \$5.99 ea.

Lemon Curd Cupcakes. *White cupcake* brushed with *limoncello* syrup, with *lemon curd* injected in the middle and a beautiful *lemon buttercream* on top. Decorated with our candied *lemon peel* and gold flakes. \$3.49 ea.

Lemon Meringue Pie. The greatest love of my life (besides *Cathy*, of course) and my all time favourite dessert! We start with our own *pastry shells*, and cases after cases of eggs to be separated, and lemons to be juiced and zested. When I say "How about *lemon pies on special*", there is a collective groan from the bakery department because of all the work that goes into these pies (but I got my way this time). The shells have to be made and baked, eggs separated for the filling and the meringue, filling cooked, and the whole thing baked, all the time hoping that the weather will be favorable (and not too humid) so that the pies won't weep too much. Just so you know, some "weeping" of the meringue is normal. So here you go, folks... **LEMON PIES!** As many as we can possibly make! \$12.95

All of these items are... **25% OFF THIS WEEK**

FRESH PASTA

If fresh pasta is on your to-do list, come and see us this week. Ours comes from a *Richmond Hill* shop called *Multi Pasta*, and *Tony* the proprietor and all-around Mr. Nice Guy, has arranged for a sale on all his straight cuts, which includes *Angel Hair*, *Spaghetti*, *Linguine*, *Fettuccine*, *Pappardelle*. It's great past from a great place! Regular \$5.95, featured this week at: **1/3 OFF OR LESS**

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, NOV. 10th

Hours: Mon. - Fri. 8:00-8:00

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