

THE Bulletin

EAST GWILLIMBURY'S COMMUNITY MAGAZINE

March 2012 Issue 2 Volume 14



The Amazing Duck Race

Page 38

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Cover Photo:

First Amazing Duck Race held at 4th generation run family farm King Cole Ducks Ltd.

Teams collected as many eggs to start off the days festivities!

See page 38 for story and more photos.

Photo: Christine Benns

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Editors' Note

You know that Spring has arrived... when the plant sales begin! Everyone is thinking about gardening. I found myself looking at all the gardening magazines recently, seeking inspiration and a little variety for this year's planting. Don't forget all the resources we have locally! Garden centres, Master Gardeners and East Gwillimbury Gardener's can all benefit the ultimate experience. Check out the sneak peak of May events on page 7 to plan all your plant shopping spots. Back again this year are *Water For Tomorrow's Seminar Series* which runs until June. There's more info inside this issue. Whatever you decide is right for your garden, enjoy the time spent outdoors (my advice is to stretch before and after that first day in the yard!)

We've been flourished with requests for submissions by local writers' wanting to pass along a story, advice and their knowledge. As you can see most issues are packed and we have our regular contributors. I suggest that if you would like to submit a story for consideration, don't be shy - send it along with your request and we are always happy to review it – and hopefully get it in an upcoming issue. To our readers: if there is a topic or area we don't cover and you would like it here each month, drop us an email with your thoughts.

info@thebulletinmagazine.com

Take care,

Christine Benns



THE Bulletin

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WHAT'S ON

April 4, 11, 18, 1:30 to 3:30 p.m.,
FREE workshop series: The Aging Brain,
covering brain health and caring for a loved one as they age. Topics include Aging and Depression, The Aging Brain 101, Brain Check-Up, and Alzheimer's Disease and Brain Health. Series takes place Keswick Library Branch, Annex Room, 90 Wexford Drive, Keswick. Hosted by CHATS – Community & Home Assistance to Seniors, in collaboration with Southlake Regional Health Centre, Canadian Mental Health Association of York Region, and the Alzheimer Society of York Region. Space is limited. To register, or for more information, call 1-877-452-4287, ext. 7025.

Tuesday, April 10
York Simcoe Naturalists Club Meeting
7:30 pm. Guest Speaker: Brook Piotrowski and Bill Thompson who will talk about the Scanlon Creek Revitalization Project in Scanlon Creek Conservation Area. 20 Oak Street, River Drive Park Community Centre in East Gwillimbury. www.ysnaturalists.ca
Please lug a mug.

Wednesday, April 11
Having a Baby? Welcome Wagon Baby Show
Roman Palace, Newmarket. Doors open at 6:30 pm. To register call Kim Hughes
905-473-2627 or welcomewagon@rogers.com

Saturday, April 14
North Union Community Hall Pancake Breakfast
From 8 am - 11 am. Enbridge will be cooking the famous pancake and sausages again and being served by the members of the hall.
The proceeds will be going to a charity in the community. 2624 Boag Road, Queensville.

Sunday, April 15
Writer's Community of York Region Meeting
featuring writer Kristen den Hartog. www.wcyork.ca
Aurora Cultural Centre, 22 Church St.
Doors open 12:30 for networking, lunch served at 1:00 pm. The WCYR is a non-profit organization that aims to act as a resource for writers of all levels and abilities in York Region. Once a month we host a luncheon that features a speaker from the writing and publishing industry. For more information and to reserve your spot please visit the website.

Tuesday, April 17
EAST GWILLIMBURY GARDENERS Meeting
7:30 pm. Mistakes in the Garden, guest speakers: Garry and Dianne Westlake. All welcome, visitors pay just \$2. Mount Albert Community Centre, 53 Main St, Mount Albert. Delicious refreshments and a friendly group. For more information call 905-478-8450 or visit
<http://www.gardenontario.org/site.php/mountalbert>

Tuesday, April 17
Newmarket Horticultural Society Meeting
Guest Speaker: Kyla Dixon-Muir "Extending the Garden Season" at 8:00 pm. Newmarket Community Centre, 200 Doug Duncan Dr. New members and guests are always welcome!
Membership Fees \$15/Single; \$20/Couple; \$2/Guests. Call 905-898-2635 or visit
www.gardennewmarket.ca

Tuesday, April 17
Mount Albert United Church's Community Luncheon
Mount Albert United Church (41 Alice St.) Lower Hall. 11:30am - 1pm. Continuous serve \$7.00 per person proceeds going to Florence's Kitchen Fund. For more information call the church office at 905-473-2562. EVERYONE WELCOME!!

Wednesday, April 18
Beef Dinner at Queensville Holland Landing U.C. 20453 Leslie Street. 5, 6 & 7 pm sittings. Enjoy a beef dinner and dessert. Bring a friend or two. Call Joan at 905-478-4734 for tickets.

Thursday, April 19
Golden Anchor Seniors' Club Bid Euchre
1:00 pm in the Golden Anchor room downstairs in the Holland Landing Community Centre at 19513 Yonge Street. No advance ticket sales are required, simply show up and pay to play. Show up early, as table numbers are assigned to each player when you register at the front desk. The cost is \$5.00 per player and for \$1.00 more you can buy a "share the wealth" ticket. For more information, contact our Club at GoldenAnchorSeniorsClub@yahoo.ca or visit our website at
<http://groupspaces.com/GoldenAnchorSeniors>

WHAT'S ON

April 20 & 21

EG Public Library Spring Giant Used Book Sale

Mount Albert Branch - 19300 Centre Street.

Early Bird Sale - Friday - 7 - 8:30 pm

Admission \$5, Family \$10. Bring your own Bag!

Saturday - 9 am to 4 pm. Free Admission

For more info visit www.egpl.ca

Sunday, April 22

Georgina Brass Band Concert at Hillside Church

1 Don Rose Blvd, Mount Albert. 2:00 pm

Join us for an afternoon of brass music with some of your favourite hymns. www.hillsidechurchmount.com

Free-Will offering.

Thursday, April 26

Open House & Drop-In for Coffee

10:00am - 2:00pm.

Bring a friend. All Welcome!

St. James Parish Hall, 18794 Leslie St., Sharon

Friday, April 27

WOW Luncheon

11:30 am to 1:00 pm

Queensville Holland Landing United Church

20453 Leslie Street. Come bring a friend and enjoy a lovely lunch and dessert. Tickets at the door.

Friday, April 27

Yuk Yuk's Comedy Show and Dinner

Do you like to laugh, have a good meal, and raise money for one of our community schools?

Roman Palace in Newmarket

Tickets are \$50.

Doors open at 6:00p.m., dinner at 7:00p.m.

Call Carolina or Amanda for tickets. 647-984-7791 or

Our Lady of Good Counsel School at 905 478-4242.

Saturday, April 28

GST/HST Information Seminar

East Gwillimbury Public Library, Holland Landing Branch, 19513 Yonge St.,

1-4 p.m.; pre-register @ 905-836-6492

The Canada Revenue Agency is offering a FREE Seminar discussing what the GST/HST number (BN number) is and the roles and responsibilities of being registered. Training will also be given on how to fill out a GST/HST return. For info visit www.egpl.ca

REGISTER NOW!

The 10th Anniversary of the Mount Albert Sports Day 5km Run/Walk will be held on June 2, 2012 starting at 8:30 a.m. – a new time this year. Enter individually as a runner or walker, or participate in the team challenge, or the family challenge.

Register now (fees increase on May 5) at <http://www.events.runningroom.com/site/?raceId=7477>

The first 200 registrants will receive a free t-shirt specially designed by local artist, Ian McTavish. For more information visit mountalbertsportsday5k.ca, email us at mnt.albert.5km@gmail.com, or phone us at 905.473.3766.

A PEAK @ MAY EVENTS

May 5th & 6th

Lake Scugog Studio Tour

10 am - 5 pm www.scugogstudiotour.ca
info 905-473-1711

Saturday, May 12

Plant and Yard Sale at Christ Church

Holland Landing, 9 a.m. to 1 p.m.

Drinks and food available. For info call 905 836 7360.

Saturday, May 12

Plant and Bake Sale

Queensville Holland Landing United Church
20455 Leslie St., Queensville. 9 am to 1pm

Variety of plants and baked goods... back bacon on a bun too!

Saturday, May 19

Master Gardener's Plant Sale

Newmarket Church of Christ, 230 Davis Drive, east of Yonge St. 9:00 am until sold out.

www.lss.mgoi.ca

**Please submit all community events at
TheBulletinMagazine.com/events
before the 15th of every month!**

Here are a sample of things to do @ the Library
For a complete list go to: www.egpl.ca

Special Family Programs @ the Library

NEW Creative Writing Workshop for Tweens:

Learn how to create your own character, storyline and illustrations to write a dynamic story. Led by local author Mickey Eves.

Mount Albert Branch: Tuesdays, April 3, 10, 17 & 24 from 6:30 to 8 p.m.

Cost: \$20 / person for four weeks

Ages 9 – 12. Please register.

NEW Tween Power: Are you interested in meeting tweens, doing fun activities and helping the Library?

Check out Tween Power on Tuesday, April 10 from 4:15– 5:00 p.m. at the Mount Albert Branch. Ages 9 – 12 years. For more information, contact Mary Ann at marielly@primus.ca. Please register.

Crafty Kids: Craft it up at your library! Ages 3 – 8 (with adult)

Holland Landing Branch & Mount Albert Branch:

Saturday, April 7 at 10:30 a.m. Please register.

\$1.00 refundable attendance deposit/child.

Groove & Play: Discover the joys of music with your child.

Mount Albert Branch - Saturday, April 21 at 10:30

a.m. Ages: 1 - 5 years (with adult)

Please register.

Family Storytimes @ the Library

Babytime: Share the love of language with your little one with our simple stories, songs, and interactive play.

Ages 0 to 12 mos. (with adult)

Holland Landing Branch: Wednesdays, April 11 to May 30 at 10 a.m.

Mount Albert Branch: Tuesdays, April 10 to May 29 at 10:15 a.m. Please register.

Tales for Toddlers: An interactive program that stimulates imagination and nurtures the love of reading with books, songs and activities for toddlers.

Ages 22 - 36 mos. (with adult)

Holland Landing Branch: Wednesdays, April 11 to May 30 at 10:45 a.m.

Mount Albert Branch: Tuesdays, April 10 to May 29 at 11 a.m. Please register.

For
more info and learn about
other programs visit
www.egpl.ca

Author Visit – Kenneth Oppel: Listen to award-winning author Kenneth Oppel speak about his new book *Half Brother* on April 18 at 1:30 p.m. at the Mount Albert Branch. Contact Heather at 905-836-6492 or halblas@egpl.ca to register your students or family.

Tues to Thurs 10am to 8pm

Friday 10am to 5pm

Saturday 10am to 4pm

Sunday 1pm to 5pm

(mid-Oct to mid-May)

Holland Landing Branch

19513 Yonge Street

(905) 836-6492

Tues to Thurs 10am to 8pm

Friday 10am to 5pm

Saturday 10am to 4pm

Sunday 1pm to 5pm

(mid-Oct to mid-May)

Mount Albert

19300 Centre Street

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Mount Albert and District Legion News

By Ken MacKinnon

Did you know "Sports are a major part of The Royal Canadian Legion's mandate offering two separate programs – one for Legion members called Member Sports and a program for Canadian youth between the ages of 12 and 17 called Youth Athletics. Legion Sports have been developed to enhance comradeship, sportsmanship and membership."

Did your young athlete attend the Legion Sponsored open track meet at York University in February?

Will your young athlete be registered at a Legion District qualifying meet in the middle of June?

Could your young athlete be sent to the Legion Provincial track meet in Oshawa in July?

Could your young athlete be sent to the Legion Dominion track meet in Prince Edward Island in August?

For some help with these questions contact Mount Albert and District Legion at 905-473-2565, leave a message and we will get back to you. Mount Albert and District Legion (includes Sharon, Queensville and Holland Landing).



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40 Years of Skating

For the past 40 years, the East Gwillimbury Skating Club has been providing programs that engage members of our community in the sport of skating. The club will be celebrating it's 40th Anniversary on April 21 with a Spectacular Ice Show. The theme of the show is "Time of My Life," featuring EG skaters of all ages and skill levels from Frosty Tots, CanSkaters, STARSkaters as well as our Syncro Teams, including Shiver, the 2012 Canadian Intermediate Silver medalists.

We will be treated to special guest appearances by: Dylan Conway & Dustin Sherriff-Clayton who have skated together for 2 seasons, skating in the Novice category, they added a throw triple salchow to their program finishing the season as Canadian Silver Medalists! Dustin started his skating career right here at EG and currently represents the Markham & Georgina Figure Skating Clubs

Gabrielle Daleman (top left), the 2012 Canadian Junior Women's National Champion. Gabrielle lives in Newmarket and is a grade 8 student at Pickering College and skates for the Hilltop Skating Club. She just returned from her first international competition in Hague Holland and became the International Challenge Cup, silver medalist.

You don't want to miss this show.... **tickets will be on sale at the EG Sports Complex every Monday, Tuesday & Wednesday from 5:30-7:30 until show time.**



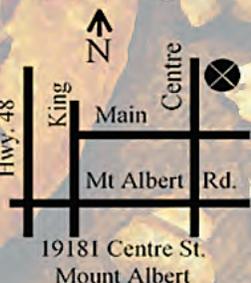
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Or go to page 7
in this issue

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EG ATHLETES



Congratulations

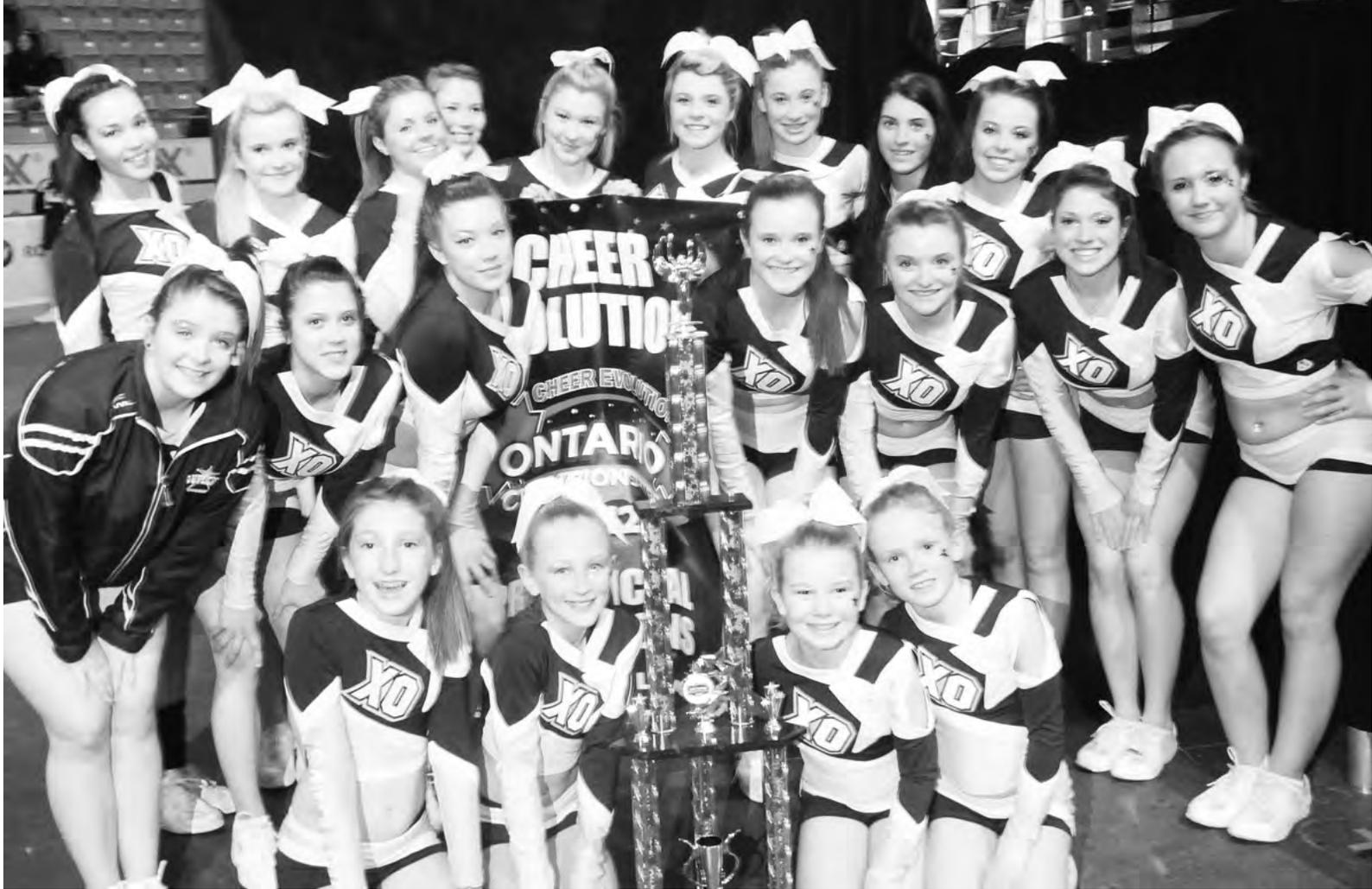
Nicole Aloise - York Region Wrestling Championships - 44.5 kg Champion..... Nicole is the 1st ever female champion from Bill Crothers Secondary School.

Jack Aloise (Bill Crothers Secondary School) - Champion in the 67.5 kg Class at the York Region Wrestling Championships.... in 6 matches, Jack was unbeatable, with only 3 points scored against him.



Top Finish

Congratulations to the Eagles Tyke "B" select team. The Eagles won the Centre Hastings tournament on February 25th. On the way to raising the trophy they won all 3 games and scored a total of 21 goals for and only allowed 2 against. The team has been working hard and improving all season. Thanks to the coaches and parents as well as our sponsors Pool and Spa Guy and Golden Leaf Landscaping & Property Maintenance for giving the kids this great opportunity to develop as hockey players and have fun along the way.



Xtreme Outlaws GangSTARS Shine in Provincials

The GangSTARS secured the Ontario Provincial Senior 3 Championship Title in Kitchener, March 3rd and 4th. The team consists of 20 athletes age 18 and under from the Newmarket area. Their 2 ½ minute high-energy routine consists of stunts, tumbling, dance and jumps choreographed by Shelby Stanojev to a fast-paced, mostly country music.

This win follows the previous weekend's winning of the central Ontario Regional title at the Hershey Centre in Mississauga.

The girls will continue actively training at the Hideout in Newmarket in preparation for Nationals in Niagara Falls in May. Check our website www.xtremeoutlaws.ca for more details regarding our performances and programmes.

Calling All E.G. Athletes... any age, team or individual!

The Bulletin along with the assistance of Owen M. Smith are looking for reasons to celebrate the successes of E.G. athletes. Share your story with our readers. Contact info@thebulletinmagazine.com or osmith@dundeewealth.com - please put EG Sports in the subject line.



My Gardening Inspiration

By Helen Silverstein, Master Gardener in Training

I had the pleasure of attending my first Master Gardeners meeting as a trainee this past November. I have long had an interest in gardening, first at the side of my father pruning his beloved climbing roses.

My Dad was well ahead of his time, having a large compost heap on the sunny side of our split level 50's style home in what was then the most northern reach of suburban Toronto. There were untended ravines at the end of our street and natural stands of forest beyond that. Today, the Sheppard subway line passes close by the home my Dad built in 1958.

This compost heap was the first in our neighbourhood and probably the only one. My Mom urged him to move it out of sight of the street or better yet, sod it over or incorporate it into the traditional foundation plantings that were the standard in the young subdivision. He knew what we all know now, that rich compost is a friend to gardener's and those concerned with the environment. As my Mom cleaned the vegetables for our evening meal, he stole the peels to feed his growing heap. It wasn't a pretty sight, this pile built up with grass clippings, rose canes, and the tops of our immaculately pruned hedges, but it made him happy. His pitch fork came out Saturday mornings so that he could turn over the fresh plant material and bring the sweet smelling earth to the surface. If my Mom didn't appreciate his compost pile, the weekend fishermen did; they knew where they could quickly fill a plastic bucket with big fat worms for their weekend fishing trips to Lake Simcoe.

My Dad's gardens flourished under his care and from the addition of well-decayed compost lovingly added to North York clay. I learned early the importance of the growing medium to produce the vegetative growth, flowers or fruits desired.

Fortunately now, most gardeners understand the benefit of compost. There are commercially available barrels for purchase and easily available instructions on how to make your own compost pile. One can even purchase additives to help speed the process. Easier yet, you can purchase well-composted cow and sheep manure wherever you buy your plant stock.

Now I recognize how fortunate I was to have had my father as a role model. I am grateful that I helped him plant the apple sapling in our front lawn for my children to climb a generation later. My father is no longer with us and my children will soon have children of their own. As a Master Gardener in Training, I will have both the wisdom from my father and the opportunity to develop new skills through my association with Master Gardeners of Lake Simcoe South.

The Master Gardeners in our community are available to share both their passion and knowledge of gardening, answer your questions and help you to grow the garden of your dreams.

**Lake Simcoe South Master Gardeners provide free gardening advice in York Region.
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Circles: Bus Drivers By Vicki Pinkerton

Yellow school buses, short and long, dot the roads of East Gwillimbury every morning and afternoon during the school year. To some, their appearance at the door, or at the end of the street, means the disappearance of kids from the neighbourhoods and their reappearance again at the end of the day. To others, especially those in cars, it means an interrupted drive as they wait patiently (or otherwise) behind the ever flashing lights and highly visible STOP arms. As a former bus driver myself, I know there is a whole community dedicated to our children behind those yellow folding doors and so I decided to find out more.

Just before March break; I had the pleasure and privilege of meeting two of East Gwillimbury's best known and longest serving school bus drivers. I drove up to the Lickiss home one dark evening and parked beside the big bus in the driveway. At that moment a flood of memories swept over me from my school bus days, both as a long time rider driver. I knocked on the door and was drawn into the house by Marion Lickiss and Ila Stentiford who between them have driven East Gwillimbury's kids to school for over 80 years. Ila started first, almost 42 years ago. It was a just a temporary job that she could do without getting a babysitter until the kids started school. Marion followed the next year.

As we munched on cookies we talked about the job. Some people could not imagine driving a school bus at all let alone for 40 years but it became apparent that both women love their jobs and have a real affection for their riders. Each drives first thing in the morning to Mount Albert Public School dropping off a load of youngsters and then turns around to pick up the teens heading for Huron Heights. Four runs a day.

Marion said, the kids keep her on her toes but in the time she has been driving, she can count the problems she has had on her fingers. Last year she did have to go to the office to fill out a 'behaviour' report and she said she hadn't done one in so long she didn't remember the routine. Both women agreed, patience and a sense of humour are essential tools in the kit carried by drivers.



Humour is not in short supply. During my visit/interview we laughed a lot as the two revisited old memories. Marion remembered her first bus proposal. "One of the kindergarten boys came right up to me and asked me to marry him. I told him I would consider it," She smiled affectionately. "The little ones can be hilarious. They are so serious."

When I asked what they liked about the job that would keep them there for so long, they both agreed the kids were the main thing. "If it started to seem like work, we probably wouldn't stay too much longer," Ila told me. Marion agreed. But there is something else, although it was hard for them to put into words. "It is the way we are supported by the whole community, the parents, the school and the bus company." Listening to them I realized it is a circle of caring that gets those kids from JK to grade twelve, off to school and home again. It starts early in the morning. If the riders have had a good send off from home, they get on in a good mood. Both drivers think it is important to keep that energy going so they can have a good day in class. If they get on the bus in a bad mood, Ila and Marion believe it is important for them to have a good environment on the bus so they can relax and be ready for school. That is not always possible but a smile and a good word from the driver can go a long way.

I asked them what has changed in school busing since they started. There have been changes and most of them are technical and safety related. When Marion started, Ila took her out to the back roads to practice backing up, turning and basic bus operation. Ila is still training new drivers but now it is much more formal. School buses are the safest form of transport in North America. Technology has changed since they started, not so much on the buses but with the kids. Most of the older ones carry phones and are in constant touch with each other and their parents. TV and movies have changed the way they see themselves. Ila says the youth of today know much more than the children of her early bus runs but in general they both agree the kids are still much the same and they contribute to bus driving being the best job ever.

Driving is a huge responsibility. School bus drivers have to make sure their buses are safe and the kids on them are too. They drive through bad weather and good, negotiate dark, snow, ice, fog, rain, construction, poor drivers and the occasional squabbling kids. They do it with love, respect and a great sense of humour. Ila and Marion have driven their way through 4 different bus companies and have taken kids to school who are now the parents of the children on their buses today. If they keep their big wheels rolling they will be driving the grandchildren of those first children and it sounds like neither of them have plans to quit any time soon.

On my way home from talking to the two of them that night, I thought about the network of people who take

care of our children, love them and want the best for them. We find community everywhere. So the next time you find yourself caught behind a bus or passing one on a run to or from the school, slow down and wave. These drivers are taking part in helping our kids get the best start they can in the bus run of life.

Vicki Pinkerton lives on a small farm just outside of Mount Albert when she is not driving the roads of Canada. She is a practicing life coach, a writer and adventurer who wonders about many things.

www.questacrosscanada.com or lifelinescoaching.org



I want to talk to music movers and shakers in East Gwillimbury for the May issue. If you know someone I should talk to, let me know at egbulletin@rogers.com and put Circles in the subject line.



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Wedding Guide 2012

Choosing a Colour Theme

Let's talk about colour schemes. The colours that you select for your wedding will set the tone for your special day. You should consider and coordinate (but not necessarily match!) the colours in your flowers, decorations, bridesmaids' dresses, table linens, favours, invitations and cake.

Consider the Wedding Location

Tropical colours are perfect for beach weddings, while pastels work nicely for garden weddings. If you are having your reception at a banquet room or hall, consider the carpeting and decor of the venue. You don't want to clash.



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Take into Account the Season

Spring and summer weddings tend to feature light or bright colours, while fall and winter shades are normally darker. For example:

- * in spring, you might choose pinks and yellows.
- * for summertime, vibrant purples, reds and blues work well.
- * for fall, consider orange, rust and browns.
- * for winter, burgundy, plum and forest green are top choices.

Use the 'Colour Wheel'

A colour wheel can help you find colours that go well together. A basic colour wheel consists of the three primary colours (red, blue and yellow) and then a series of colours



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that blend between. Colours that are opposite of each other on the wheel are complementary. But you don't have to stick to complementary colours. Instead, you can choose analogous shades (those that are next to each other on the wheel).

You can also go for a monochromatic look using two or three hues of the same colour. If you adore one particular colour you can use it as your central shade and just complement it with a neutral like off-white or cream.

Popular Colour Schemes

Red and Green - Not Christmas red and green (unless that's what you want). Instead go a little deeper and darker. Cranberry red and forest green look beautiful together. For flowers, roses are the obvious choice but don't forget about other varieties, including tulips, gerbera daisies and carnations.

Black and White - For a sophisticated wedding, many couples select a black and white colour scheme. It's a simple, classic look that is particularly nice for evening weddings. You can add metallic silver as an accent colour. You have a variety of white flowers to choose from, including lilies, daisies, carnations, peonies, roses, sweet pea and many more.

Pink, Pink, Pink - A monochromatic colour scheme of varying shades of pink is a popular wedding colour scheme. There are so many flowers in different pink hues from very pale to bold and bright. If you are looking for a subtle accent colour to break up all the pink, chocolate brown is nice.

Aqua and Peach - For a fresh look, aqua blue and peach work well together. This is a fabulous colour scheme for a summertime wedding. Your bridesmaids can wear aqua dresses with peach sashes. Bouquets can be a mixture of flowers in varying shades of the two colours. This colour scheme is a fantastic choice for an outdoor wedding, whether at the beach or in a garden courtyard.

Finally, something for the Groom!

The Groom's Cake is a popular wedding tradition that originated to give the bride an opportunity to honour her husband by giving him a special cake. In decades gone by, the Groom's Cake was normally a fruit cake. Fruit cake is heavy cake made with liquor soaked fruit and often associated with Christmas time. It's known for its long shelf life (and bad taste). Oftentimes the couple would save the Groom's Cake to eat on together on their first anniversary.



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How to control the cost of your wedding

(NC) Are you planning to get married soon? If so, it is only a matter of time before the race to do all the preparations begins: the hall, caterer, bridal gown, photographer, music, decorations, invitations, cake, honeymoon, and more. The long list of purchases keeps growing right up to the big day and there is a risk of quickly exceeding your budget if you do not keep track of your spending.

How to keep spending on track:

- Set a total budget for the expenses for your wedding day.
- Make a wedding budget worksheet. List all the things you want for your special day, and divide up the total budget according to your own priorities.
- Save all your receipts to compare your actual spending to your budget estimates.
- Track your spending regularly to make sure you stay within the budget.

In addition to helping you control your expenses, a budget can help you save for other goals, such as travel or a down payment on a home.

To help you with budgeting and saving, the Financial Consumer Agency of Canada (FCAC) has developed an interactive budget calculator. This tool can be downloaded from fcac.gc.ca and then saved in your computer for calculations when needed. For additional tips on how to manage your personal finances, you can also follow @FCACan on Twitter and on YouTube.

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Numbness? Tingling?

Numbness, tingling, and pain is an extremely annoying problem. It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other specialists and they claim all the tests indicate you should feel fine.

Masking the Symptoms is not The Solution

A common treatment for many nerve problems is the 'cover up the symptoms and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, in the long run this is no way to live. Some of the more common treatment approaches can have serious side effects.

The Likely Cause Of Your Problem

My name is Dr. Chad Morton, clinic director at the Mount Albert Chiropractic and Wellness Centre. I've been helping people with numbness and tingling problems for more than 12 years.

Often these problems are caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves.

For example, numerous studies have proven chiropractic's effectiveness in helping nerve conditions.

"Patients showed an **85.5% resolution of the nerve symptoms** after only 9 chiropractic treatments. - Journal of Chiropractic Medicine 2008

With chiropractic care, patients had "significant improvement in perceived comfort and function, nerve conduction and finger sensation overall." - JMPT 1998

Could This Be Your Solution?

It's time for you to find out if chiropractic will be your numbness and tingling solution.

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- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.
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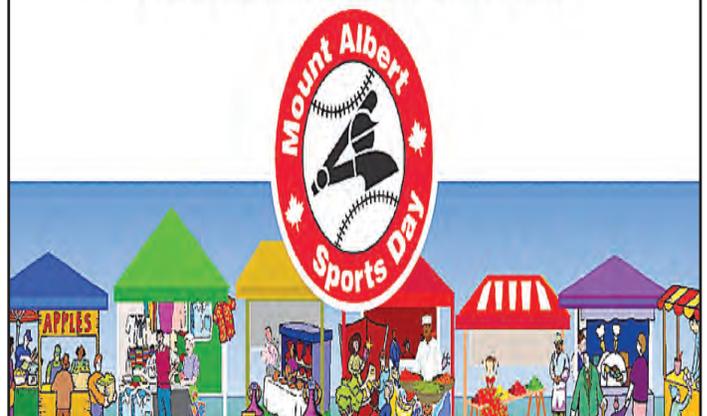
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TRY SOMETHING NEW!

By Kim Mortson

Welcome to spring everyone! Spring is the time where we come out of hibernation; we go for more walks, clean up the front garden, wash the car in the driveway and reacquaint with our hibernating neighbours. Subdivision streets come alive with activity in the spring! Yup, spring is definitely in the air and with the unseasonably warm temperatures, so are thoughts of bathing suits, shorts and pool parties. Wow, that happened a bit earlier than expected!

Don't worry if you're still feeling the effects of grandma's Christmas shortbread? Join the club. Even if you've managed to stay slim and active over the hibernation season, spring is still an amazing time to try out something new, to get outside in the sun and learn a new skill. Take the early start to the season as your cue to get out there and try something new, celebrate the early spring!

Even if you are the consummate indoor lover, you will find that there are many new opportunities to try indoor activities as well. The point is to just get out there. You'll never know for sure what you like until you try it! Don't miss out on an opportunity this year to try out something new; being terrible at volleyball in high-school is no reason to avoid trying out the indoor sport again this year. Who knows? Maybe this time around you'll shine! We are often hard on ourselves and so afraid to fail that we miss out on a great new class, sport or activity that we may love simply because we don't think we'll be good at it. This spring, I'm determined to try out something new and I'm determined to get some of you out there with me!

What am I going to try? Well, I'm not exactly certain yet but I can tell you what's on the table. Ever heard of the "Warrior Dash"? I hadn't either until last year. It's a 5K race through the hills of a ski resort speckled with crazy obstacles, pits of mud and makeshift "slip

and slides". What the heck, sounds like it might be fun (maybe). Perhaps something a little more tame may be in order as well, I love to run and this year I might take it to the trails for some quality "forest time". The point of trying something new isn't about finding something you are good at, it's about getting out of your comfort zone, getting active and having fun! Kids know that play is all about the fun.....when did we forget that??

So...what are you going to try? Well, if you like to run AND feel like a kid, I highly recommend checking out Warrior Dash (just google it, maybe you will even see me there!) New to running but think you may want to give it a try? What about signing up for a learn to run in your area? Body Design runs a 5K "Learn to Run" as well as a 10K clinic in Mount Albert. Maybe a good paced walk is more your thing; have you tried Urban Pole Walking? It's a great way to get a total body workout, get outdoors and is perfect for all ages and abilities! How about getting in touch with nature a little more? The Oak Ridges Trail Association (ORTA) offer all sorts of trail walking groups that are fun and educational, check out their website for times and dates. www.oakridgestrail.org/hikes.htm

For the outdoor-phobes there are plenty of activities going in within the confines of four walls as well! Yoga, Zumba, Pilates, Kickboxing, Hulabics (Yup, aerobics with a hoola-hoop! How fun is that!!) indoor volleyball or basketballthe list goes on and on. Body Design offers all sorts of indoor fitness classes as does the Town of East Gwillimbury and the Town of Newmarket. There are so many opportunities to try something new that there really should be no excuses.

So, if Winter had you hibernating like a bear, come on out and enjoy the spring. Trying out something new isn't just good for your body, it's good for your brain. Learning a new skill or trying a new sport makes us

feel better on the outside AND the inside. Take a cue from the kids and just go and have some fun. Maybe I will see you guys out there. Happy spring everyone!



By Kim Mortson, owner of Body Design. Kim is a certified Personal Trainer, Nutrition & Well Specialist, Older Adult Fitness Pro Trainer and Cancer Exercise Specialist. Body Design offers personal training, nutrition and lifestyle coaching to assist individuals achieve their fitness and weight loss goals.
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Wake up Your Self-Esteem

By Raymond Mark



You say to me, “It is already awake”. Sometimes, though we need to give it a boost, to get it back on track. Self-esteem is always a work in progress, it never stops needing attention. We however get sluggish and forget to stoke the fire. We need to wake up and realize that our self-esteem needs our attention. It is always there; however we need to take care of it. If we do not use our ability to change internally we will suffer from low self-esteem. Here is an important fact, if we do not do it then there are few sources outside ourselves to build towards high self-esteem. We hold the key, so let’s wake up our self-esteem.

There is energy coming at us from all over the place which we could use if we were awake and ready to accept it. First, let’s deal with internal processes it make ourselves ready to accept external self-esteem energy. If we are not ready the external energy will just bounce off us and go somewhere else. If we do not hold on to internal self-esteem energy we will lose to as we battle destructive external forces, for example negative actions and words of others and destructive past energy. Remember we have only so much energy so let’s hold on to it. In the past I have talked about “being your own best friend” and this still holds true. We have to set up an environment where our energy wants to stay and not get lost externally.

Often we feel lost and confused about where to turn. There are times when we feel fine and there does not appear to be any problem we could not tackle. This is the time to hold on to that feeling as long as we can. Put it in your internal bank and feel the positive energy, it feels good, doesn’t it. Be aware of these times, analyze them and save the energy for when you need it, if life is not so positive. We need to seek out meaning for the fluctuation of energy, why it occurs and what we can do about it. Sometimes we have to seek out people we trust to talk to when we are confused. You need to learn what you did right during the good times and what went wrong.

Sometimes behavioural change is needed to reach a level of balance in our lives. When we have a balance between the internal and external sources of energy self-esteem and the sense of well-being is at its highest. Remember not all external energy is bad for us, just the negative forces which can erode our self-esteem. When

we feel down remember what it was like when you felt good about yourself and let that energy flow through you. When I want to calm down I go back in my mind to lying on a beach in Jamaica with the rhythmic sound of the waves and the heat from the sun. It works wonders.

Value your positive feelings, make them want to stay and use them to counter-balance negative external energy. When our self-esteem is awake and at its highest level it is a wonderful feeling.

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Who would blame me for starting to think about picnics and eating al fresco with the sorts of weather we were treated to in March? I happen to love these tarts anytime of the year – what's not to love. I have given you a recipe but feel free to use it as a starting point for making tarts with whatever is in your fridge or in season. Caramelized onions are always a great place to start, but the skies the limit. These tarts can be wrapped and tucked into your lunch box or try cutting them into smaller pieces to be served as a delicious appetizer. They will disappear quickly – make a double batch!

Savoury Goat Cheese Tarts

Makes 6 individual tarts.

- 3 large onions, thinly sliced
- 3 Tbsp olive oil
- 1 tsp fresh thyme
- 1 roll all-butter puff pastry
(PC brand is perfect because it is pre-rolled)
- 1 egg, beaten
- 1/3 cup mixed olives, finely diced and pits removed
- 12 slices fresh goat cheese, or enough for 6 tartlets
- Fine sea salt
- Freshly ground black pepper
- 2 Tbsp finely chopped fresh parsley



Heat the olive oil in a large cast-iron skillet over medium heat. Caramelize the onions until golden brown. This will take about 30 minutes or so. Add the thyme about 5 minutes before the onions are finished. Set aside.

Preheat the oven to 425 F. Unroll the puff pastry sheet and cut into 6 equal portions. Place on a baking sheet. Using a sharp knife, score an inner square on each of the portions about 1 cm from the edge. Brush the pastry with the beaten egg. Bake for 8 minutes or until golden brown.

Spoon the caramelized onions into the centre of each tartlet. If the puff pastry has puffed, placing the onions in the centre will flatten the tartlet, leaving a puffy crust. Sprinkle the olives on the onions. Place the goat cheese slices over the onions and olives. Sprinkle with sea salt and freshly ground black pepper. Return the tarts to the oven and bake for another 10 minutes until the cheese begins to melt. Remove from the oven and sprinkle with the chopped parsley. Serve warm or at room temperature.



Moira Sanders has made a career of food which gives her inspiration for her local cooking classes, her website www.moirasanders.com, and cooking for her busy family. Moira co-wrote the award-winning cookbook "The Harrow Fair Cookbook" published by Whitecap Books. Moira can be reached at moira@moirasanders.com.

How to Reduce Provincial Estate Administration Tax (PEAT) Wisely

By Ian Hawkins

What is probate?

Provincial estate administration tax (formerly probate fees) is the tax charged by provincial governments to probate your will when settling your estate. Probating your will is the process of having your will authenticated and of confirming the appointment of your executor.

The cost of probate

Provincial estate administration tax (PEAT) rates are highest in Ontario at \$5 per thousand on the first \$50,000 of estate value and \$15 per thousand on the excess. In other provinces they are typically \$3 to \$6 per thousand. As a result, Ontario's PEAT for a modest estate of \$500,000 now amount to \$7,000. There is also no "spousal credit," which means assets that were subject to PEAT on the death of the first spouse, will be subject to PEAT a second time when the surviving spouse dies.

Fees payable on entire estate

When your will is probated, tax is applied to the total value of the assets in your estate. There are no deductions for debts other than those against real estate. For example, if you have a mortgage on your home and a bank loan for your business, the value of your home will be reduced by the amount of the mortgage, but the bank loan will not reduce the value of your business.

The only assets exempt from probate are: insurance policies payable to a named beneficiary or assigned for value; assets held in a joint account and passing by survivorship; and real estate outside of Ontario. The exemption provided for insurance policies with a named beneficiary is, in practice, extended to RRSP's, RRIF's and pension plans.

How to reduce PEAT wisely

There are a number of ways you can reduce PEAT without jeopardizing your assets. The two most

popular ways of reducing probate fees are:

1. Transferring property prior to death
2. Transferring assets outside of your estate

Transferring property prior to death

It may make sense to transfer some of your assets to your heirs while you are alive. Such gifts allow you to enjoy the delight and appreciation of the recipients, along with the satisfaction of knowing you've avoided future PEAT.

In addition to reducing future PEAT, charitable contributions can generate substantial income tax credits now, which could be lost if donations are made through your will.

Transferring assets outside of your estate

Use a life insurance company to transfer money and investment assets outside of your estate. Whether it is life insurance, registered and prescribed annuities, RRSP's RRIF's, GICs or segregated (mutual) funds, you can keep these assets out of your estate by simply naming beneficiaries in the contracts.

In addition to your RRSP or RRIF, make sure you have named a person - preferably your spouse for tax reasons - as beneficiary of your pension plan and group insurance. Many people name their "estate" as beneficiary when they get a job and never give the matter another thought. If this is your situation, simply ask your employer for a "change of beneficiary" form and change it to the person of your choice.

One of the most popular ways of keeping assets out of your estate is by holding them in joint tenancy. If you are leaving property to your spouse, an adult child, or any other person, you may want to consider owning the property with that person as joint tenants. Joint tenancy means that you both have undivided ownership of the property while living and full ownership will pass automatically to the survivor at death. Probate is

avoided because the property does not form part of your estate, but be careful you don't create other problems in the process.

Tax consequences

The overzealous use of joint tenancy to avoid PEAT may serve to frustrate other tax planning. Where the property in question is a principal residence, exemption will be lost for all years your joint tenant does not continue to live there.

Except for your principal residence, property transferred into joint tenancy, with anyone other than your spouse, is deemed to have been sold at fair market value. This often results in an immediate taxable gain for the donor.

Keep your sense of reality

Above all, don't get carried away in your desire to avoid paying PEAT. Immediate costs such as legal fees and other expenses may cancel out other savings. Joint Tenancy between spouses only defers payment of PEAT until the death of the surviving spouse. Any planning to reduce PEAT should take into account numerous other issues, many of which have been discussed here and professional advice is strongly recommended. Consult with your tax and financial advisors before putting any assets in joint ownership to ensure that you are not putting them at risk.

Estate planning is one area where it is very easy to be "penny wise and pound foolish." A good estate planner can help you far more than you will ever pay in fees and ensure that your heirs pay as little as possible.

Ian and Dorothy Hawkins own and operate Mount Albert Tax Company and Holland Landing Tax Company – "The LOW-COST providers of professional tax service" located next to Post Office in Mount Albert and in Grist Mill Plaza in Holland Landing.



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RUN MOUNT ALBERT 5 KM ON JUNE 2

By Elizabeth Gillis, Co-Race Director

Imagine yourself running over the finish line in the Mount Albert 5km Run/Walk. The crowd roars congratulations, the photographer captures your sweaty victory, and your heart soars with pride. If that is the vision you have for yourself, here is how to make it happen in four determined steps.

First, you want to make sure your body is physically ready for the challenge. Consider a visit to your doctor to make sure there isn't a medical condition that may prevent you from exercising.

Second, you will need to gather the equipment. Consider a new pair of running shoes, a pair of shorts, a moisture wicking t-shirt, and a bisphenol-free water bottle. The most important item is the running shoes. Make sure to buy them from an expert such as the Running Room in Newmarket. Their staff will analyse your gait and advise you on the correct shoe to keep you injury free. Running is a physical activity and injury is possible. Many can be avoided by proper training and the right shoes. Always practise injury prevention strategies mentioned in this article, recognize it and deal with it when it happens, and be confident that the benefit of running for fitness outweighs the negative of minor injury.

The third step is to start running. Preferably, you will have been walking regularly. Three miles in 45 minutes is a good readiness indicator. Here are some tips to help you make the transition to "run". Plan to run four times a week. This will ensure consistent progress. Begin and end each workout with 10 minutes of vigorous walking to warm your muscles and gradually increase your heart rate (HR) at the beginning, and slowly decrease HR at the end. Next, do the run workout according to the chart below. I encourage you to adopt the run/walk system which will assist injury prevention by allowing your muscles to recover during the workout. Stretch after the work out to help those scrunched-up running muscles lengthen back to their original state. A word about the program: it is only a guide. Freely alter it to suit your own schedule and needs. The essence is to increase running slowly, have rest days, and build whole-body strength. Alternatively, join a running program. Body Design in Mount Albert has a Learn to Run program geared for this 5km.

Finally, adopt an integrated approach to running. As well as doing a cardio workout, which is what running is about, integrate: a strengthening program concentrating on core, upper body, and running muscles; yoga for flexibility and balance for those running moments when you are poised on one foot; and an athletic diet to ensure your hard-working body receives all of the nutrients it deserves.

When you finish the race, you will feel like a rock star; your ego will be confident, your body will be strong, and you will have lots of energy and motivation to keep on running. See you at the race!

Nine Week 5K Run Program

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Apr 1-7	Rest	R1/W1x10	R1/W1x10	Rest	R1/W1x10	Rest	R1/W1x10
Apr 8-14	Rest	R2/W1x6	R2/W1x6	Rest	R2/W1x6	Rest	R2/W1x6
Apr 15-21	Rest	R3/W1x6	R3/W1x6	Rest	R3/W1x6	Rest	R3/W1x6
Apr 22-28	Rest	R4/W1x6	R4/W1x6	Rest	R4/W1x6	Rest	R4/W1x6
Apr29-May 5	Rest	R5/W1X5	R5/W1X5	Rest	R5/W1X5	Rest	R5/W1X5
May 6-12	Rest	R6/W1x5	R6/W1x5	Rest	R6/W1x5	Rest	R6/W1x5
May 13-19	Rest	R8/W1X4	R8/W1X4	Rest	R8/W1X4	Rest	R8/W1X4
May 20-26	Rest	R9/W1X4	R9/W1X4	Rest	R9/W1X4	Rest	R9/W1X4
May 27-Jun2	Rest	R10/W1X4	R10/W1X4	Rest	R10/W1X4	Rest	R10/W1 to end of Race!

Note: (1) R = Run at an easy pace so that you are breathing hard but still able to carry on a conversation
(2) W = Walk briskly with arms pumping to keep your HR up
(3) Rest = On rest days you can also consider doing yoga, strength training, or cross training – but don't overdo it

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- 3: July 30 to Aug. 10 (9 days)
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Walk-in Registration at office: Tuesday, April 3 from 6:30 pm to 9 pm \$30 Late Fee Applies as of April 4, 2012

STAGING 101: BEDROOM = BEDROOM

By Susan Crema-Martin

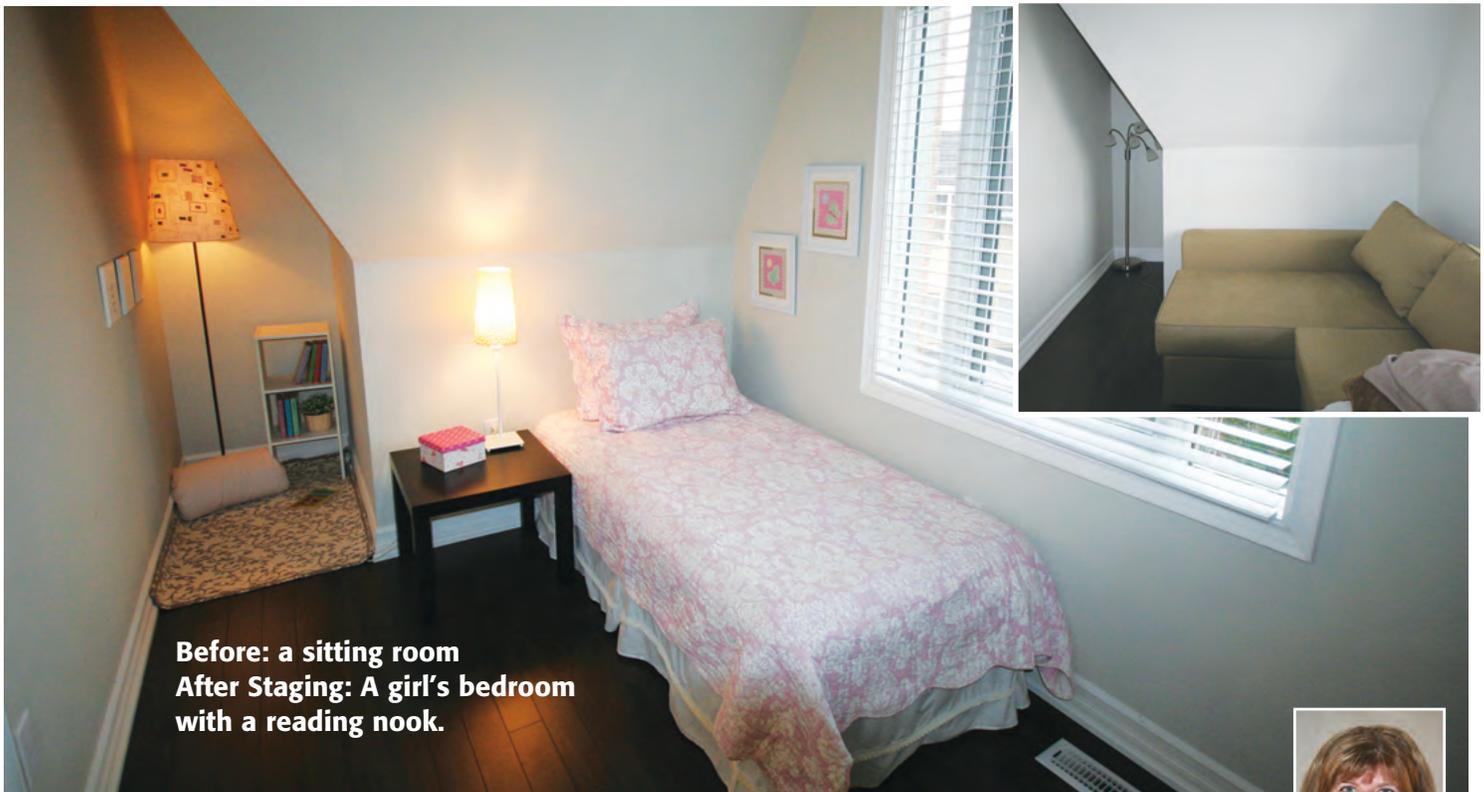
Our home is our castle! We all have our own taste and needs to make our home as comfortable and practical for day to day living.

As a seller we need to remove the emotional feelings we have with our home and see it as an investment to showcase in the real estate market.

When potential buyers shop for their new home, they need to see rooms as they were intended. We often see bedrooms as offices or exercise rooms, bathrooms as storage rooms and dining rooms as craft areas. Many homeowners may live differently in their homes but when a property goes on the market, each room of the house should resemble its original intended use in the first place.

Typically, homeowners use bedrooms for many different functions such as offices, workout rooms, sitting rooms or storage areas. When a property is listed with 3 or 4 bedrooms, the buyer needs to see those rooms as designated in the listing. I often hear clients say it is obvious this is a bedroom, but surprisingly enough buyers often don't see it. Buyers often see a number of properties and the last thing you would want them to say when leaving your property is "did that house have 3 or 4 bedrooms? I think that other room could be a bedroom but do you think it will be large enough?"

It is the job of a certified professional home stager to create the positive visual impact so buyers will emotionally connect to the property and put in an offer as quickly as possible.



Susan Crema-Martin is a Certified Master Canadian Staging Professional – CCSP Mentor. If you have a question for Susan, send your questions to: info@thebulletinmagazine.com

Thank you to all of you that supported and visited us at the Newmarket Home Show again this year



10 Deadly Resumé Sins

Elizabeth Bromstein|

Wondering why you never hear back after sending your resume to a potential employer? Maybe it's not even getting read.

Employers and HR people are busy and important and they need to get through resumes as efficiently as possible. In many cases, there are hundreds of applicants for a given job, so, this often means immediately ditching those that look like a lost cause. I asked a few HR people what makes them immediately chuck a resumé. Some have different pet peeves, but here's what they said:

Spelling errors and typos: Almost every recruiter I've ever spoken to lists this one first. If there are spelling mistakes on a resume, the attention to detail is not there, and they're more than likely to make mistakes in their job as well. When there are 75 applicants for an Executive Assistant position, you can be sure that the ones with the typos go straight into the 'reject' pile.

A confusing or unattractive layout: Even in jobs where you don't think visuals matter. They do. You've got 30 seconds to impress somebody. And if you turn somebody off in those 30 seconds, they're not even going to try to figure you out. They're too busy. Time is important – What do they bring to the table? What are they going to offer a client?

Putting years and no months: Stefanie Tomei, the employee acquisitions expert at Workopolis (who tells me she looked at over 19,000 resumes last year) points out that this is a big red flag, "Because if somebody puts down, 'I worked at so and so company from 2008 to 2009, they could have only worked there for 2 months.'" It looks like a crafty way of covering your @#!, in other words.

Writing about yourself in the third person: John is a dynamic sales rep who increased revenues 10% over six months. This is a particular beef of Tomei's. "That's just weird. I don't want to read that."

Assuming the hiring manager is male: Tomei says she still gets cover letters that say "Attention Mister hiring manager." This is surprising but true. She cautions, "Don't limit yourself to female or male. If you write, 'Mr. Hiring Manager.' I'm not going to call you. That's an immediate I'm not calling you."

Not enough job description: Tomei says, "One line descriptions for each job. That's bad. You're not giving me any detail. You're not giving me what you've done. So basically I don't know what you've done. I don't know if you're qualified."

Too much job description: On the other hand, if Tomei is put off by too little information, Price Lloyd is put off by too much. "Give me enough information to make me want to TALK to you, but I don't need a blow by blow of every single accomplishment or responsibility for the last 10 years." She says. Also, she doesn't want an endless list of accomplishments. "Accomplishments are interesting, but I really want to know how recent the accomplishments are. Show me what you've done in chronological order."

A stupid email address/hiding your contact information: Price Lloyd says, "Formatting can be a candidate's best friend or worst enemy. Don't hide your contact information. Candidates that put it at the bottom of the page for aesthetics take the chance of frustrating recruiters/hr people/hiring managers when we can't find your phone number. Also, partygirl2011@gmail.com or masterofpimps@gmail.com are not great emails to have on your resume. Same goes for the really cutesy email addresses. Email is free. Get a boring email address for your resume."

And here are a couple from me:

Not following instructions: I was once hiring for a writing position, for which I received about 400

applications. My instructions were simple: attach or link to three writing samples. I can't count how many people wrote some variation of "I didn't attach the samples you asked for because I felt that my personality/resume/cover letter should speak for itself..." Yes, it spoke and told me you're an idiot who can't follow simple directions.

Sending your application after the cutoff date: Send your resume in a timely fashion. By the time the cutoff date rolls around, the recruiter is sick and tired of reading applications for that particular position and has already narrowed down the pool. If you're late, explain why and apologize. That being said, I'm a fan of applying for positions and sending letters of interest when jobs are not being advertised. When someone

isn't going through 200 applications, yours could more easily grab someone's attention.

Finally, a tip from Price Lloyd on something to do, rather than to not do:

"If a candidate really wants to stand out – they ought to show me that they WANT to work here. There are lots of people looking for jobs, but very few seem to be excited about a specific opportunity. I'm less interested in people who are merely looking to punch a clock; I'd rather have those that are interested in committing to their work, their career and their organization. Many candidates miss the opportunity to leverage the cover letter to show off their softer skills and really demonstrate why they are a great candidate."



FREE Water Efficient Garden Design Seminars

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Wildlife Return



A welcome sight on River Drive Park, last month. "I believe they are three trumpeter swans, I saw two of them last year around this time and now they have come back with one more," says Pam Sedgwick. "Since we moved here 15 years ago, more and more wild life are returning to make the river their home."

**Contact Julie Smith
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Ongoing Events

Here are a sample of monthly events, more can be found at www.TheBulletinMagazine.com

Tuesdays @ 11 am and Wednesdays @ 7 pm

Yoga Classes for MS clients

and their support teams. FREE

MS Society of York. 905-830-4950

MS Board Office, 17665 Leslie Street, Newmarket.

2nd and 4th Wednesday of each month

Euchre at North Union Community Center

2624 Boag Road east of Woodbine Ave.

7.30pm – all you people that like to play Euchre --come on out and have some fun. Admission \$2.00 include coffee and snacks

-- 905 478 4947

1st Thursday of every month

Seniors Luncheon 55+

11:30, Come and enjoy a delicious lunch with a good old hymn sing and embrace God's word. 905- 473-3227,

www.hillsidechurchmountalbert.com

3rd Thursday of the month

Country & Western Jamboree

Holland Landing Community Centre

7:00 pm to 11:00 pm

All Welcome. Call Jackie 905-473-7072

Newmarket Horticultural Society

Meets the 3rd Tuesday of each month

at 8:00 pm (except Dec.). Newmarket Community Centre, 200 Doug Duncan

Dr., Newmarket. Interesting and knowledgeable guest speakers, raffle draws

and refreshments at each meeting. Members enjoy our annual summer

Garden Tour, Bus Trip and November Potluck Dinner. Membership fees:

\$15/single; \$20/couple; \$2/Guests. We are a friendly group of experienced

and beginner gardeners. New members and

guests are always welcome! Call 905-898-

2635 or visit www.gardennewmarket.ca

2nd & 4th Monday of the Month

Are you caring for an aging spouse, parent, relative or friend? Join our Caregiver Support

Group, facilitated by CHATS – Community & Home Assistance to Seniors. 1:30 to 3:00 p.m.

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April News

By Anne Hill



What incredibly lovely weather we had for March Break; such a treat to be outside. Spring has arrived in a big way in my garden. The snowdrops have been out for several weeks near the septic tank, taking advantage of the warmth there. The earliest irises (iris reticulata) are glowing in their protected spot tucked among rocks which reflect the sun's warmth back to them. Other very early spring flowers are thriving in the spots that get the most sun now, before the trees leaf out. Later in the year they will benefit from the shade of the trees. None of these spring flowers will suffer if we go back to winter temperatures but it will be hard on the magnolia buds if that happens!

With spring arriving so early and little snow cover this winter it's time to set up the rain barrels to catch every precious drop of rain. This is also the best time to cut down ornamental grasses that were left up for winter interest; the old stems need to be removed before new growth begins. The ground has already thawed in many parts of the garden and everything is eagerly getting a head-start on growing so there's a lot to do. Just remember to warm up and stretch before working in the garden to help avoid aches and pains.

As the garden wakes up it becomes obvious that some perennials are crowding each other and they can be divided. We will be potting up plants and preparing them for our spring plant sale; it will be held at Mount Albert Community Centre on Saturday May 26th from 10am to noon. Mark the date on your calendar; in addition to the plants from our own gardens we will have specially selected nursery-grown plants, baking and the Junior Gardeners sale table.

Our April guest speakers (7:30pm on Tuesday April 17th) are Garry and Dianne Westlake; they will talk about their favourite gardening mistakes. Sounds intriguing! That evening we'll also be holding our annual photography competition. We have some excellent and creative photographers among our members and the photo competition brings out some of their best work. We always welcome guests at our meetings, so whether you're a gardener or a photographer this would be an ideal time to pay us a visit. For non-members we ask just \$2 per meeting. Come early, enjoy refreshments and chat with others who share your interests.

You'll soon be seeing us out and about in the community gardens getting them spruced up for the growing season. We could really use some extra muscle at this time of the year, so if you know of any teens who are interested in earning some volunteer hours working in the gardens please ask them to contact me.

For more information on anything in this article call me at 905-478-8450, email mtalbert@gardenontario.org or visit our website at <http://www.gardenontario.org/site.php/mountalbert>

Happy Gardening!



Easter Events

Easter Bunny Hike - Saturday April 7. Hop along the Rogers Reservoir Trail and look for special eggs you can trade for a special treat. Space is limited. You must register for this free event at www.eastwillimbury.ca.

Eggceptional Easter Fun

Hop on in to the Elman W. Campbell Museum for an eggciting afternoon! Meet the Easter Bunny, enjoy Easter displays, activities, egg decorating and light refreshments! Suitable for ages 4-10. Pre-registration required. For more information, please call (905) 953-5314 or email: elmanmuseum@rogers.com
April 7, 2012 - 1:30 pm -3:00 pm
Elman W. Campbell Museum 134 Main Street, South, Newmarket. Fee \$5



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Easter Sunday, April 8, 10:30 am
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Mount Albert United Church

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905-473-2562
www.mauc.ca

Just Ducky

Nine teams, of Ontario's top culinary students were challenged beyond their creative cooking skills when the gun sounded at 7:00 a.m. to commence King Cole Ducks Ltd.'s 'Great Amazing Duck Race'. Approximately 1000 eggs were coloured coded so each team of two had the opportunity to collect as many eggs in just 10 minutes. "This first time duck race was conceived over a year ago," explains Patti Thompson. "We thought it would be a great way for students across Ontario to experience behind the scenes, of a duck farm." King Cole Ducks Ltd. produces over 2 million ducks and are sold world wide each year.

By 7:00 pm when the awards ceremony had concluded, the students had completed the ultimate Farm-to-Fork experience, highlighted by the recipe cooking competition and what the judges declared, "duck appetizers and entrées of incredible creativity, texture, presentation and taste, many beyond our expectations."

Photo:

1st Prize (\$1,000 per student) – Niagara College Wine & Culinary Institute: Bianca Aversa and Jonathan Williams.

App: Duck broth punch, Duck Egg Tortellini and Duck Banh Mi. Entrée: Honey Roasted Duck Breast.

2nd Prize (\$500 per student) – George Brown College: DeAille Tam and Simon Wong.

App: Duck a l'orange Ravioli in broth. Entrée: Hoisin Roasted Duck Breast w/pancake

3rd Prize (\$250 per student) – Humber College: Steve Richer and Anthony Lamanna.

App: UpBeet Duck Salad. Entrée: Duo Duck, port-braised duck legs and pan seared Duck Roulade



Photo courtesy: King Cole Ducks

Other participants: Algonquin College, Ottawa: Isaac Adamski and Kenneth McAlpine; Fanshawe College, London: Steffen Marin and Nathan Hunniford; Fleming College, Peterborough: Rob O'Reilly and John Thompson; Canadore College, North Bay: Elizabeth Keetch and David Hillyard; St. Lawrence College, Kingston: Amanda Green and Stephanie Lasalle and Nic Randall and Quinton Thomson.



Photo: Christine Bennis



THROUGH THE HAYES

It looks like an early spring this year –but I am not throwing all caution to the wind - Sometimes it is wise to just not put too much trust in Mother Nature – she has a very quirky sense of humour. My name is John Hayes and my wife, Julia, and I own and operate Blackwater Golf on Highway #48. We are preparing to open up shortly but believe we may still get a final blast of winter.....

I was perusing the *ERA Banner* the other day and saw a column by one of my favourite reporters Amanda Persico. I was shocked to learn that East Gwillimbury is considering establishing its own utility company as part of the community energy plan which was passed in 2009. Now I know nothing has been voted on to establish a power generating operation but I am amped up to shed a little cold water on this whole idea. What could they be thinking? IESO (the provincial electrical governing body) is currently giving power away as the whole province is producing way more power than they can use. In fact, at certain times, the province pays other jurisdictions to take the surplus power.....

You have to ask yourself why many of the smaller communities are selling off their local utilities if it were not for the high cost of operation. To start, you need to hire a manager, an assistant manager, maintenance personal and office staff. Next you need a centralized service facility complete with motorized equipment (300,000 plus each unit), inventory and material. You would have to purchase the existing infrastructure (which is rapidly aging out) and build the rest. BIG BIG coin. I sure don't want to be responsible for that tax bill – ouch!!!!!! Now I realize that the intention is to eventually create a publically owned energy company but first of all who is going to “front” the necessary capital to get to the stage of a public offering. We all know who is going to pay for all the planning, the “high-priced, ever present and seeming to be mandatory” consultants. While I don't mind footing the bill for “feasibility studies” and such - This one is just too far out.....

The 404 corridor steam heating system was done in Ajax for WW2. Now they are tearing it out as new technologies are making it redundant. The generation of power is undergoing major technological changes. Let the existing hydro players do what they do best. Our resources need to be spent on core service and infrastructure projects.

So, please, let us look at what is really important if we want growth in our area. How about, a high school; paved roads, plowed sidewalks, renovation of existing parks and recreational facilities, ball diamonds, skating rinks, bike paths, food banks, seniors programmes and assistance and hoards of other such things.

That's all for now. I would love to have some feedback to this column. Let me know if you have an issue you would like me to address. Please feel free to contact me at Blackwater Golf (905) 473 6684 or contact@blackwater-gc.ca. No rude emails or I can't forward them.

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