

East Gwillimbury's
Bulletin
MAGAZINE
Since 1998

June 2015, Vol. 17, No. 5

INSIDE:
Mount Albert Sports Day gears
up for 90th event!



**Horseback-Riding
Around the World**
Megan Lewis makes a brief
stop in East Gwillimbury

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JULY 18

Upcoming Events at the Sharon Temple

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Evolution of Quilting: Bed Quilts to Wall Art

June 12 & 13, 2015 – 10 to 4 pm - \$8

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- ❖ Refreshments on the grounds

For more information: www.gwillimburyquiltguild.com



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JULY 1 – 11 am – 4 pm – Admission by Donation

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Raccoon Invasion: Toronto's Mayor got it right

A couple months ago when Toronto mayor John Tory declared war on the raccoon population, I admit that I thought he was making a big deal out of a small problem. He announced that the city's green bin (for organic waste curbside pick-up) was going to be re-designed to make it more raccoon proof – at a cost of \$31-million.

You read that right: THIRTY-ONE MILLION.

At first glance, this seems outrageous, doesn't it? Delve a little deeper and it's not nearly as crazy as it sounds.

The City of Toronto polled 500 residents about the current green bin design. Only 15 percent said they were satisfied with it. City staff said they were hearing about the "explosion" of the raccoon population from residents all over the place. Those cries made it all the way to John Tory's office.

Raccoons are notorious for getting into residential garbage and fiddling their way into green bins. You'd think the latch would keep the critters out and the food waste in, but I've seen it first hand – they make it look easy.

These newly-designed bins will have a "twist-type lock" on the top – considered more difficult for raccoons to operate, according to a story

in the Globe & Mail.

"They can twist small things, but anything that is human-sized is too big for them to get their hands around," said York University raccoon expert Suzanne MacDonald, who helped test the bin design.

First, let's address the cost. As it turns out, the lifespan of a green bin is expected (and budgeted) to be about 10 years. Toronto's aging green bins are reaching the end of their lifespan anyway; replacing them is inevitable. That makes the \$31-million cost more justifiable... I think.

Continued on Page 25.

SUMMER BULLETIN ISSUE:

This year we're trying something different. Instead of taking the month of July off and publishing in August, we're doing a July/August issue, due out July 10. After the summer issue, we'll be back to our regularly monthly schedule.

East Gwillimbury's Bulletin MAGAZINE

Since 1998

www.TheBulletinMagazine.com

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Community Happenings

ONGOING EVENTS:

Every Thursday Evening

Mount Albert Legion DARTS beginning @ 7 pm

Every Friday Evening

Mount Albert Legion SNOOKER beginning @ 7 pm - 31 Princess Street

Mount Albert Friendship Club for Seniors

Ross Family Complex/Seniors Meeting Room, First Tuesday of each month Bingo at 1pm; First Wednesday of each month Potluck Luncheon, General Meeting and Euchre from 12-4pm; Each Wednesday is Bid Euchre at 1 pm; Each Thursday is Shuffleboard from 6pm in the Gym Each Friday night is Bid Euchre starting at 7pm. Call 905-473-3305 for more info.

BYOBlanket Picnic Sundays

Every third Sunday in May, June, July and August at Sharon Temple National Historic Site and Museum. Bring your family down for Picnic Sundays. Our first Picnic Sunday will be held as a part of our opening weekend and will offer free admission in celebration of International Museums Day. Best set up wins a prize. See Facebook page for more information: www.facebook.com/SharonTempleNHS

The 2nd & 4th Tuesday of each month - from Sept. to June.

Meetings of the **Lions Club of Mount Albert & District**, are held at the Lions' Hall (west entrance), beginning at 7:00 pm. Visitors welcome. Call 905-476-2094 for more information and to indicate your attendance.

JUNE:

June 11, 12 & 13

Reiki Level 1 Certification Training -

Give yourself the gift of awakening your natural healing & intuitive abilities for yourself & your loved ones. Over the three sessions you will receive 4 attunements & learn the history & magic of the Usui System of Natural Healing. Thurs/Fri: 7-10:30pm & Sat: 9:30am-5:30pm.

Price is \$250.00 +hst. Includes manual, certificate, refreshments & lunch on Sat. Reiki Master, Karen Armstrong. Register 905-836-2781 or <http://in-side-out.com/upcoming-workshops/>

June 10

Do you have Diabetes? Learn more about caring for your feet! Free, no obligation, Foot Assessment for People with Diabetes. Nurses completing a Diabetes Footcare course would like the opportunity to practise foot assessments under the direction of their instructor. They will help you identify risk factors which could lead to skin breakdown and foot complications associated with diabetes. (Afternoon), appointment required. Please call 905-478-1977 for appointment. Sharon-Hope United Church, 18648 Leslie St, Sharon.

June 13

BBQ Night at the Mount Albert Legion 5pm-8pm

June 13

SHABBY CHIC SALE - Come browse our selection of shabby chic decor, apparel, furniture and more. Includes our fabulous bake table. Everything is priced to sell. All proceeds go to the East Gwillimbury Public Library projects and programs. Hosted by the Friends of the East Gwillimbury Public Library. \$10 (\$8 members) Temperance Hall, Leslie Street, by the Sharon Temple. eglibraryfriends@gmail.com. Event runs 8 am to 1 pm rain or shine.

June 14

Writers' Community of York Region breakfast meeting

9:30am-12:30pm, featuring David Tsubouchi. More info at wcyork.ca.

June 18

Bid Euchre Tournament

The Golden Anchor Seniors Club holds 4 Bid Euchre Tournaments each year. Profits go to local charities. Everyone who plays bid euchre is welcome. Refreshments are served. \$5, Holland Landing Community Centre.

June 24

Annual Burger and Berries Fest

St. James the Apostle Anglican Church will be hosting their annual Burger and Berries Fest at 18794 Leslie Street, Sharon from 5:00 p.m. to 7:00 p.m. on Wednesday, June 24. Adults \$15; Children (under 12) \$5; and Family (parents and any number of children under 12) \$35.

June 26

BBQ Night at the Mount Albert Legion 5pm-8pm

JULY:

July 11

Teddy Bear Fair in support of the Cancer Recovery Foundation of Canada.

10am-4pm at Brooks Farms, 122-141 Ashworth Rd, Mount Albert. Teddy Bear clinic, wagon rides, magic show at 2pm, games, crafts, balloon artists, teddy bear retail village.

July 11

BBQ Night at the Mount Albert Legion 5pm-8pm

*Not-for-profit events are free to list in our print edition of The Bulletin. All other events, the cost is \$25 plus HST. Please visit our website thebulletinmagazine.com and fill in the **Submit an Event** information. Event listings are 'first come first served', space permitting.*

5th Annual RIDE 4 STYLES Event

Join York Regional Police on Sunday, June 7, 2015 for the 5th Annual Ride for Styles to honour our fallen heroes. Participants will ride their bikes from 1 District in Newmarket to 2 District in Richmond Hill for a short rest stop and then finish at 5 District in Markham. Or, you can choose to only ride part of the way between Districts. Registration is \$25 and riders will receive pledge forms for added donations. All proceeds go to Victim Services of York Region, Big Brothers Big Sisters of York, Special Olympics Ontario and the Aga Khan Foundation. Call 905-953-5363 for more information or see our website at <http://www.victimservices-york.org/about/upcoming-events/>

2015 Caribbean & South Asian Showcase

Ranji Singh Foundation (RSF), a non-profit charitable organization, is thrilled to announce the 2015 Caribbean & South Asian Showcase (CASAS) which is comprised of a two day Festival and two days of Softball Cricket.

CASAS Festival celebrates an exciting, inviting intercultural exchange of music, dance, food and fashion that reflect the rich artistic and cultural contributions to the Canadian mosaic.

Patrons are treated to the Caribbean's vibrant sounds of steel drums, dances, calypso, reggae, soca, and French creole zouk intermingling, with South Asia's classical and Bollywood dances, Bhangra, Garba, songs, tablas and other cultural performances.

The artistic lineup includes award winning Pan Fantasy Steelband, Nachdi Jawani, Destiny Entertainment, Glenn Marais Band, South Asian classical and Bollywood dancers, Levistasyon Zouk Band, Caribbean Folk Performers, Junior Whisper, Mon-T-Hama, DJ Terry, DJ Jus Flow, and DJ Andy.

There will be fashion and craft vendors, yummy Island foods, South Asian curries, rotis, chutneys, fresh coconut water and a cash bar. Community engagement will be fostered through a KidsZone, splashpad, interactive music and dance and informative demonstrations and workshops. Browse among more than 100 classic and antique cars presented in collaboration with Newmarket Car Club, on Saturday at Newmarket's Main Street. Experience the aboriginal celebration, in collaboration with Nin Os Kom Tin, at Newmarket Fairy Lake on Sunday.

Place: Riverwalk Commons, 200 Doug Duncan Drive, Newmarket, June 27 (noon - 11:00 pm); June 28 (noon - 7:00 pm).

CASAS encourages each person to bring a non-perishable food item for donation to the Newmarket Food Pantry.

CASAS Softball Cricket will be played by youth teams over two days culminating in a game with the York Regional Police. (Cricket prevalent to both Caribbean & South Asian cultures, and was once Canada's official national sport). Coaches will be onsite to explain the game and provide demonstrations. Interested players are invited to contact us. Family Fun Day interactive games and activities will be included off-field to attract and engage families during the games. Bring a picnic lunch and a chair, and enjoy the day.

Place: Sharon Hills Park, Colonel Wayling Blvd., East Gwillimbury, July 4 and 5th (noon - 5 pm).

For contact information and program updates please visit: www.ranjisinghfoundation.org.

East Gwillimbury Farmers' Market opens with its first festival, Rhubarb Fest

It's our favourite time of year – get ready to eat fresh and shop local at the East Gwillimbury Farmers' Market beginning on May 28, 2015. The Market will open with Rhubarb Fest, one of the Markets most popular festivals.

The Market will continue to be held at the Field Gate Plaza at Yonge and Greenlane. The Market relocated in 2014 to allow for more vendors and ultimately to provide more variety to those who attend the Market. The new location was a huge success in 2014 with more than double the vendors and visitors from 2013. This year the Market will run every Thursday from May 28 until October 8 and will be open from 2 p.m. to 7 p.m. which is one hour earlier than last year.

"We are so happy that our Farmers' Market has become a staple in our community for the past five years," says Councillor Johnston. "I'm looking forward to this upcoming season and all of our different vendors."

The Farmers' Market Committee decided to open this year with one of their most popular festivals, Rhubarb Fest. Vendors will be creating their own rhubarb concoctions to be entered into a contest with a special guest judge from Milestones. Visitors can expect special treats from a variety of categories including drinks, desserts, pies and more!

The Market will feature a number of other special events throughout the 2015 season. Those shopping the market can expect special foods, fresh produce, unique items and lots of fun at these events.

Vendors and community members are invited to take part in the Farmers' Market and enjoy local grown, freshly made foods and goods. Our vendors are not limited to food options. For a full listing of vendors visit eastgwillimburyfarmersmarket.ca.

Picnic Sunday at Sharon Temple Father's Day Edition, June 21

Starting in 1918, the grounds of the Sharon Temple opened for a large annual picnic hosted by the York Pioneer & Historical Society. As we approach 100 years open as a museum, we have revived that tradition. The 3rd Sunday in June, July and August are now known as Picnic Sunday! This month, we are celebrating the Dads in our community. Pack up your sandwiches, grab your dad, and enjoy a relaxing day at the Sharon Temple. Prizes for the best laid picnic will be awarded and every dad gets a special treat. See our website or Facebook page for more information. www.sharontemple.ca

Mount Albert Sports Day 2015 Schedule of Events

Friday June 5th - Gates open at 5:30pm

Time	Event
5:30 pm	90th Annual Sports Day & Spring Fair Opens! FREE FAMILY B-B-Q Cookout- with paid admission Sponsored by AI Dorman Insurance Brokers Ltd. Mane Attraction Petting Zoo Hospitality Tent Opens
5:00 - 7:00 pm	Drop off of Baking & Flower Show entries
5:30 - 7:00 pm	Zoo To You
7:30 pm	Sports Day Parade (starts at King & Albert Street) Come out and see Rachel / Elsa Frozen following the Parade
7:30 pm	Seniors Bid Euchre at the Ross Family Complex
8:00 pm	Wrist Bands On-Sale (\$5 cover ID required - NO ID - ABSOLUTELY NO ENTRANCE)
8:30 pm	Enjoy Music of Young Country on Main Stage Hospitality Tent



Saturday June 6th - Gates open at 9:00am

Time	Event
7 am - 10 am	5k Run/Walk & Awards Ceremonies
7 am - 10 am	Drop off of Baking & Flower Show entries
9 am	Snack Bar Opens - New Menu for 2015
10 am	Slo-Pitch Tournament Resumes
10:30 am	Announcement Baking Contest & Flower Show Winners (Main Hall)
11 am	Campbell's Amusements Rides OPEN
Noon	Children's Tent Opens Vendor Market Opens
	Horseshoe Tournament Registration & Games - \$ 10.00 entry fee
	Official Opening on Centre Stage
1 pm - 4 pm	Inflatable Mazes - Mechanical Bull, Fire Engine Slide, One Man Circus Show, Tattoo Artist, Fortune Tellers Clowns, Balloon Artist. The Mime is back Magician & Ventriloquist
1 pm	Fair Ambassador Judging
2 pm	Kicks Dance Studio performing Centre Stage Area
3 pm	Tethered Hot Air Balloon Rides - MAPS School Grounds (Weather Permitting) Gymnastic Performers
5 pm	Old Fashion Country Dinner - Main Hall
8 pm	Wristbands on Sale - (\$ 5 Cover - ID required - NO ID - NO ENTRANCE)
8:30 pm	Midnight Music on Main Stage - Hospitality Tent - Pontune 5 Seniors Dance - Morley Batt - Main Hall \$ 5.00 Cover Charge



Sunday June 7th - Gates open at 9:00am

Time	Event
9 am	Snack Bar Opens - New Menu for 2015
10 am	Slo-Pitch Tournament Resumes
10:30 am	Outdoor Church Service - Center Stage - Hospitality Tent Registration Soap Box Derby - Corner of Main & Centre
11 am	Soap Box Derby Commences
11 am	Car Show @ Mount Albert Public School Grounds
Noon	Hospitality Tent Opens - Fast Eddie's Caesars Vendor Market Amusement Rides Children's Tent Opens
1 pm - 4 pm	Tattoo artists, fortune tellers, clowns, face painters, children's tent Magician & Ventriloquist Unicyclist & Stilt walker
2 pm	Baby Contest Registration
2:30 pm	Listen to the Music of - Twelve 32 - Main Stage
3 pm	Baby Contest Starts Pet Show Competition
6 pm	OFFICIAL CLOSING



Photos courtesy of Cathy Morton

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Around the world on horseback

By Blair Matthews

Many people dream of places they'd like to visit and things they'd like to do someday. Most of us get so busy and pre-occupied with life that our dreams sometimes get put on the back-burner. Megan Lewis' dream was to see the world from high atop a horse.

Though it may not be a dream that most aspire to, for Lewis it was something she always wanted to try. A retired geography teacher from the UK and life-long equestrian enthusiast, she embarked on the first leg of her journey at the age of 63.

Her goal was to travel from Beijing, China shortly after the Olympic Games concluded in 2008 and arrive in London, England in time for the Olympics there in 2012. Along the way, she would spread a message of goodwill from one Olympic city to another. She would also raise awareness of the history, geography and culture of countries she encountered.

Seven different horses and 10,000 miles later, she trotted into London a little worse for wear, but thrilled to hand over an Olympic flag she had carried from the Chinese Equestrian Association in Beijing to the chairman of the British Horse Society at a reception in the presence of Her Royal Highness, Princess Anne.

"Thrilled", she says, because after all, the trip almost ended before it really began.

"When I first started in China, 9 days after I left Beijing,



Megan Lewis and her riding companion Lady.

I fell off and broke 6 ribs and my collarbone and I punctured a lung. I was in the hospital for about 10 days and everything was on hold for about 3 months," Lewis remembers.

Most people would give up after an accident like that, especially so early in the journey. Lewis says it wasn't even a consideration.

She got back up on that horse – literally – and did what she vowed to do.

At times she travelled with a pack horse or a back-up vehicle to carry supplies and sometimes with a fellow rider or two to keep her company.

It's hard to fathom exploring far-off lands on a horse for months at a time – half a world away. Lewis

blazed trails along the Great Wall, through Kazakhstan, Hungary, Austria, Germany, France, Ireland and the United Kingdom.

After she completed the overseas portion of her travels, she flew to Newfoundland where she started her Canadian leg from May to November 2014 (she doesn't ride during the winter months). And in April 2015 she started again in Quebec and headed west.

Her companion for her Canadian excursion is Lady, a Newfoundland pony part-bred born in 2004 and originally used as an all-purpose harness pony. Lewis says that unlike most horses in eastern Canada, Lady has the huge advantage that she can be tethered out to graze.

From Quebec she rode through Ottawa, Peterborough, Lindsay, Zephyr, and Mount Albert. Today she's made a stop-over in East Gwillimbury to enjoy a bit of horse hospitality with Russel and Darlene Morton (at Morton Stables in Sharon).

Two years ago, the Mortons offered to host Lewis for a few days if her route took her in this direction. They had never met until Lewis came walking up the sidewalk in Sharon with Lady in tow. The Mortons had heard Lewis' story since they used to make frequent trips to Wales to

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Megan Lewis, "Lady", and host family the Mortons from Sharon.

import and sell horses. In London, Lewis' escapades were big news.

As Lewis and the Mortons compared notes at the dinner table, they decided their paths had probably crossed unknowingly years earlier at one equestrian function or another.

Along the way Lewis has slept in hay lofts, camped in the woods, and accepted hospitality whenever it's offered. Often one 'horse family' she stays with will call friends they know a day or two away and she'll find accommodations that way.

Only once did she encounter a chilly Canadian night while camping – she awoke covered in frost.

But no matter whether it's bugs, weather, dangerous road conditions, wildlife or busy traffic hurdles to overcome in Canada, or language barriers in China (she learned to speak Chinese fluently), she continues to persevere.

The obvious question (and she gets asked this a lot) is: WHY?

The notion of riding around the world had always been hovering in the back of her mind. "My kids were starting to leave home and I suddenly realized I hadn't actually done my ride yet. It coincided with the Olympics, and I had always wanted to travel in China and Central Asia," she says.

Lewis also fundraises along each leg of her journey for Challenge Aid, her husband's charity that helps impoverished children in parts of the developing world.

Some people who devote time and energy to similar

Continued on Page 22.

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Grilled Veggies with Goat Cheese



This is the best side dish for this time of the year. Barbecues are being fired up everywhere and it's easy to grill a batch of veggies at the same time that you've got burgers or chicken on for dinner.

There are no hard and fast rules for the vegetables in this recipe; use what you like but use enough for a generous bowl full. I've given specific amounts here but adjust the seasonings to your taste. Keep a close eye on

the veggies while they are cooking.

Leftover grilled veggies make the most delicious sandwiches. Spread a crusty roll or piece of baguette with more goat cheese and layer with grilled veggies. Perfect picnic food!

Grilled Veggies with Goat Cheese

Serves 4-6

- 12 asparagus spears
- 3 sweet bell peppers
- 3 small zucchini
- 2 red onions
- 1/3 cup extra virgin olive oil
- Fine sea salt & freshly ground black pepper
- 2 Tbsp balsamic vinegar, or to taste
- 1/2 cup soft goat cheese
- 6 fresh basil leaves, thinly sliced

Heat the grill to approximately 250-300 F.

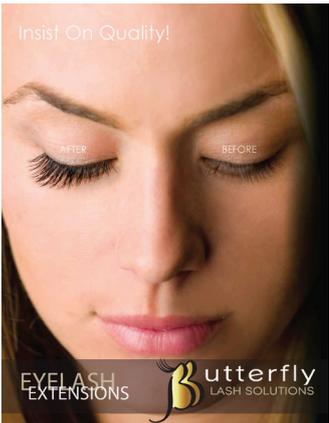
Snap the woody ends off of the asparagus and discard the ends. Place the asparagus in a large bowl. Slice the peppers into large pieces and discard the core and seeds. Place the pepper pieces in the large bowl. Slice the zucchini into long strips about 1/2-inch thick and place in the large bowl. Slice the onions into thick rings, trying to leave the slices in one piece for grilling.

Pour the olive oil over the veggies and toss to coat. Sprinkle with sea salt and freshly ground black pepper. Grill the vegetables till they are starting to soften and char around the edges, turning as needed. As the veggies are finished cooking, place them back in the large bowl (which will have a bit of olive oil left in the bottom).

Drizzle the balsamic vinegar over the vegetables and sprinkle with a little more salt, pepper and the fresh basil. Gently toss to combine. Crumble goat cheese over the veggies and serve warm or at room temperature.

Moira Sanders is a local food expert and author of two cookbooks. The latest book, The Kitchen Table Cookbook, is available now. For more recipes and local stories, check out her website - www.moirasanders.com or email her at moira@moirasanders.com.

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In A World All Their Own

Why is it that the ugly weeds we pull out of our gardens are habitually seen by children as such divine and dainty flowers? Or a simple chalk sketch on the driveway is perceived by them to be the most superb piece of artwork ever created?

A child's world is willingly beautiful; their hearts, simply golden. So as grown-ups it is important to be cautious of our harsh actions, which can easily destroy pure innocence.

I seem to be undergoing a job where hide and seek excites me just as much as a Mango Bellini does, so I feel as though I can relate to certain elements in a child's life now, more than ever. To see the world from a child's standpoint can be an extremely hard thing to do. But after a tiara is deliberately placed on your head, instantly turning you into a queen, that perspective becomes so much clearer. It was my birthday, and two lovely little girls told me I looked absolutely beautiful as I struggled to comb out my bed head and wipe the sleepers away from my eyes. Just one tired mess standing in front of the bathroom mirror with a shiny plastic tiara on her head, yet their beautiful imaginations truly saw a queen that morning.

It never occurred to me that I could be such a big influence in a child's life until spending the last little while in Australia with two mini-me's. Chloe and Aimee seriously think I'm the coolest person on this planet. Flattering, I know, however, also a bit scary. It is not every day that I get asked the question, "why do you wear that" from 3 feet below, as I finish putting on my mascara. They watch every move I make so carefully, and generally idolize me – something that has been quite an eye-opener I must say. It has made me so much more cautious of course, since letting a child ride a bike while walking the dog at the same time did not turn out as I planned.

I am more cautious in another sense, as it has truly opened my eyes up to the dynamics of a child's alluring mind. I had to think about her enquiry for a second, but quickly remembered that the 5-year-old girl staring up at me once called me a queen after I had just rolled out of bed.

I instantly placed the makeup down, and refused to answer her question because what would have come out of my mouth could have altered her perception of

beauty. It was an answer that I was unwilling to reveal to such purity. Connecting with two younger children who want to grow up to be just like me has seriously made me think. I obviously don't want to admit to them that I'm not all that great, but I sure as heck will steer them away from my inferiorities.

There was once a time in my life when I saw the world through a child's eyes, and it was simply wonderful. I've noticed that as we grow up, our inner person transforms for numerous reasons, and certain experiences cause us to see the world differently. The innocence of a child allows them to turn a blind eye to the corrupt domain we live in.

We need more people like that in this world, and it hurts my heart that such beautiful minds can easily be altered due to human frailty.

Children truly do live in a world of their own – one that allows them to see ugly weeds as exquisite flowers and simple chalk sketches as masterpieces. It is important to try our best to see things from their perspective so that we can all understand the power of a plastic tiara and what it means to be a queen.

Michayla Fraser is a writer from Holland Landing who is planning on pursuing a career within the Journalism field.

Sports Day



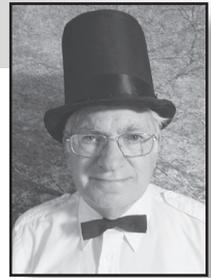
Community Outdoor Worship Service

Sunday, June 7th
10:30am start time

Join the congregations
of all our community
churches.



www.mountalbertsportsday.com



Fighting Fires in Mount Albert

Over the years, fire was needed for heating, cooking and lighting. However, it was also at times an enemy. Fires were started by lamps, lanterns, over-heated stovepipes, sparks from chimneys and so on. Most buildings were constructed of wood with cedar shingles on the roof, and fire could quickly spread to a nearby building.

Fire fighting equipment consisted of pails or buckets, and ladders. Neighbours would arrive to form bucket brigades to carry water.



One of the first local fires occurred when the Mount Albert Hotel on top of the hill burned in 1856. It started when a band box (hat box) was left against a stove pipe. In 1876, Mr. Shier's store burned along with John McKewon's house and John Hunter's house and workshop. These are only a couple of the many, many fires that happened locally over the years.

In 1882, Randall's blacksmith shop on the hill got on fire, but was saved with help from the neighbours. It was reported that a gentleman who fussily came and assumed the bossing of the job was asked to go home as they could do better without him.

By 1901, there was talk of getting a large bell to use as an alarm, and also talk of starting a fire brigade.

Mount Albert had gained enough population by 1912 that it became a police village. Police trustees elected were Harry Ross, J. D. Rowland and William Horley. They passed the following by-law: If you had a building of more than one storey, you had to have a ladder that reached the eave, and another going up the roof near the chimney. Also you were to have two buckets on hand for carrying water. There were fines for not complying with those rules.

In 1922, the police trustees, H. Pearson, C. W. Davidson and W. Stokes, acquired 3 chemical engines, one for on the hill, one on King Street and one in the centre of the hamlet. A brigade was formed with Herbert Rolling as chief, and James Lawson, Fred Pegg and Oscar Dike as deputies.

The brigade was reorganized in 1932 with Joe Jardine

as chief and Wilf Dike as assistant. The "engines" were put on a trailer so they could be moved more easily, and this was kept in the market building.

A bell was installed at the telephone office in 1940 to sound alarms. This was where the bank is now. The telephone operator would take the calls, and ring the bell.

Following the Second World War, talk of getting better fire fighting equipment got underway. In 1948, Newmarket firemen came over and demon-

strated their fire pump.

The next year, Dawson Dike, Lloyd McQuaid and Roy Carr went to look at other fire departments. Soon a larger group went to investigate fire trucks. A fire department was organized with Bruce Rolling as chief, Dawson Dike as deputy, and Gordon Young and Morley Case as captains. Each was to have eight men.

By March of 1950, fundraising was underway for a fire hall. A large thermometer was mounted on the bank, now Campbell Insurance, to advertise the progress. A fire siren was acquired and mounted on the telephone office.

Even the Women's Institute was involved in raising money by organizing card parties and dances. At one event, a cake made by Mrs. Ira Morton was auctioned for \$11.89.

Plans for a fire Hall were drawn up by Dawson Dike, and members of the brigade helped with the construction. The hall was just to the west of the telephone office, now the location of the bank. It is currently a convenience store. A fire truck was purchased from Bickle & Seagrave Fire Fighting Equipment of Woodstock for \$13,000. The fire hall was finished in September of 1950.

By 1954, a tank truck was acquired. The community was canvassed for money for this, and leading that effort were Seymour Harper, Joseph Harrison and John McGillivray, grandfather of this writer. Bruce and Ernie Sedore welded the tank onto the new truck.

A firemen's club was organized, and they held card parties and dances. In 1962, they acquired smart new dress uniforms, and in 1967, they bought new red jackets. That year, Mrs. June Case was president of the women's

association consisting of the wives or partners of the firemen, and the ladies bought red jackets and black skirts.

A new tank truck arrived in June of 1967, and it was presented at an evening event followed by a buffet prepared by the women's association.

By 1973, there was talk of either expanding the existing fire hall or building a new one. A lot was bought on Princess Street from Spruce Row Development Inc. for \$11,400 in 1978, and on March 5, 1979, the East Gwillimbury Council accepted the tender of Schomberg Construction Ltd. to build a new fire hall for \$163,250.00.

On Sunday morning, February 2, 2014, that fire hall burned along with all trucks, equipment, memorabilia, etc. It had been in use for 35 years.

A brand new, up to date fire hall has been built on the same site, and of course times have changed since the early 1950s. Now the brigade members could not be directly involved in its construction, or in getting a tank welded to a truck.

Allan McGillivray grew up near Mount Albert and still resides a few miles away.

Fire prevention tips to keep you and your family safe

- Preventing cooking fires: The leading cause of residential fires in Ontario is unattended cooking. Prevent these fires by staying in the kitchen when cooking.

- Installing smoke alarms: It's the law in Ontario to have working smoke alarms on every storey of the home and outside all sleeping areas. Smoke alarms provide an early warning of smoke or fire to protect family members, but they must be properly maintained. Too many household fires have gone undetected because smoke alarms have not been installed or the batteries have been disconnected or run down.

Fire departments also recommend installing a smoke alarm in every bedroom. Test smoke alarms every month and change the batteries at least once a year or whenever the low-battery warning chirps.

- Developing a home fire escape plan: Occupants can have as little as 60 seconds to escape a fire in their home. Develop and practice a home fire escape plan so that everyone knows what to do if a fire occurs.

- By law, all Ontario residents are now required to have a carbon monoxide detector installed in their home. What is carbon monoxide? It's a by-product of incomplete combustion of fuel such as natural gas, propane, heating oil, kerosene, coal, charcoal, gasoline, wood, or other bio-fuels. This incomplete combustion can occur in any device that depends on burning a fuel for energy or heat.

Examples of fuel burning devices:

- Home furnace
- Space heater
- Decorative fireplace
- Wood stove
- Kitchen stove or grill
- Gas/charcoal barbecue
- Hot water heater
- Automobile
- Lawnmower

Automobiles left running in an attached garage, a portable generator operating near an open window or in the garage, an outdoor gas barbecue operated inside the house, a grill or kerosene heater that is not properly vented, or a fireplace chimney that is dirty or plugged may create unsafe levels of CO.

When these devices are properly installed, maintained and vented, the CO produced can be prevented from reaching unsafe levels in the home.

Source: Ontario Fire Marshal's office and the Ontario Ministry of Community Safety.

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The advertisement features a cartoon illustration of a smiling fish and a child swimming underwater with a snorkel mask and fins. The background is light blue with several grey bubbles of varying sizes.

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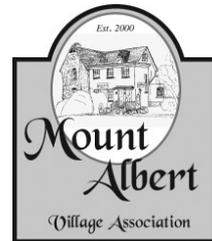


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Mount Albert Village Association NEWS



A number of people turned out for the Mount Albert Downtown Revitalization Project & Business Improvement Area (BIA) Information Meeting on Monday, May 11. An outline of what the Revitalization Project has accomplished since 2011 started off the meeting. Kelan Jylha, Georgina's Business Retention & Expansion Coordinator, gave a brief rundown of how BIA's in Georgina have been part of the improvements in the Town of Georgina. It was interesting to hear that residents can also be involved in a local BIA committee.

The Mount Albert Downtown Revitalization committee will continue to meet with Lindsay Leung (Revitalization Coordinator) as to the next steps regarding the boundaries of the Community Improvement Plan area which would benefit the most from a BIA and whether the community wishes to move forward with a BIA. Information will be posted on our website as we move forward.

- Drop off any single use alkaline batteries at one of these locations; The Corner Décor & More store, MSVA, The Family Place, Mount Albert Public Library and the Town Offices. Please remember to drop off any rechargeable batteries at the Hazardous Waste Depot.
- Business members can submit a community related event to add to our online and newsletter calendars. Please send details to events@mountalbert.com.
- To be listed in the website Business Directory, your business must operate within the Mount Albert community boundaries as set by the association.

Our next meeting is Tuesday, June 16 @ 7:00 pm.
Mount Albert CC (DOWNSTAIRS), 53 Main St.
All are welcome.

Stay Happy, Stay Safe, Shop Local!
www.mountalbert.com

Find MAVA on Facebook and Twitter!

Identify where this photo was taken for your chance to win!

By Blair Matthews

In each Bulletin we'll include a photo taken in some area of East Gwillimbury.

If you recognize where the photo is from, head over to our new website, click on the 'Identify the Photo' link, and fill out the online form.

Correct answers will be put into a draw and ONE lucky person will win a prize.

This month we have a great prize for our winner: a pair of passes to the Stardust Drive-in! And YES, the drive-in is now open for the season.

Note: Please online or snail mail only - no phone calls with the answer. Our mailing address is on Page 3.

We'll publish the answer in the Summer 2015 issue along with the name of the winner. Good luck, and keep your eyes open!

THE RULES: This is NOT a geocache. There is nothing hidden in this spot. You only have to identify where the photo was taken for the answer to be correct. Only **one entry per person** per month. Winners are



not eligible to win the contest again in the same calendar year.

Depending on where you live, this month's photo might be easy - or it might be a challenge. Either way, no hints here.

But if you visit the Bulletin's Facebook Page, we'll give you a couple of really good clues! You can find our Facebook page at: facebook.com/EGbulletinmagazine.

WINNER of pair of passes to the Stardust Drive-in for identifying our May photo: Nicole de Carolis from Mount Albert.

Thanks to everyone who sent in the correct answer! We hope you'll try your luck for the June photo.

LAST MONTH'S PHOTO →

One of the main water features at the Mount Albert splash pad.



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July 14
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July 28
Arden & the Tourists (Pop/Rock)

August 11
Hotel California (Eagles Tribute)

Closing Night
Tropical Night (Band TBA)

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For more info, visit www.eastgwillimbury.ca

Weather cancellations will be posted online on show day





CANADA DAY CELEBRATIONS

July 1st
Mount Albert Lions Community Centre
 Open at 7 p.m. • Fireworks at 10 p.m.

Live Music • Fireworks • Children's Activities
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Town of East Gwillimbury



Mount Albert
Lions Club



Library membership is free to all those who live, work, or attend school in East Gwillimbury, Bradford-West Gwillimbury, Georgina, King, Newmarket, Markham, Uxbridge & Stouffville.

TD Summer Reading Club 2015

Explore, create and discover at the summer reading Club! Earn prizes as you read and participate in our exciting summer programs.

Read-to-Me Club Ages 0-5 years

Summer Reading Club Ages 6-9 years

Tween & Teen Summer Reading Ages 9-18 years

Highlights:

- Sci-Tek Robotics
- Owen the Magician
- Tie-Dye Days
- East Gwillimbury Gardeners
- Food Fun & Race Car Building with Scientists in School

WANTED: Summer Reading Club Volunteers!

Gain hours this summer by speaking with our Club readers about what they have read and by handing out prizes. This opportunity runs from July to August, with training beginning in June. For information or to volunteer, please contact halblas@egpl.ca



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Celebrate and share the Pan Am spirit in EG!



SAVE THE DATE

TORONTO 2015 Pan Am Games Torch Relay
visits East Gwillimbury on June 26, 2015



The Pam Am flame will visit Sharon, Holland Landing & Mount Albert
 The community celebration will be held in East Gwillimbury at the Civic Centre, 19000 Leslie Street
 Watch the website for event times!



Learn more about our community celebration:

- Join us for fun children's activities, music and treats
- Help us write a message to our Pan Am athletes
- Visit eastgwillimbury.ca for more details

Let's get social!

 Town of East Gwillimbury
 @TownofEG
 #PanAmInEG



Town of
East Gwillimbury



'Thumbs Up!' Awards Coming Soon

This is such a busy time at East Gwillimbury Gardeners. Our plant sale on May 23rd was a terrific success; the annual sale is the major fundraiser for our programs and the gardens we maintain around town so we thank everyone who came out and supported us.



Customers, many of whom had lined up early with their boxes and plant trays, were greeted by the sight of gorgeous hanging baskets grown at New Leaf Living and Learning Together in Sharon. They then entered the Mount Albert Community Centre to find tables loaded with beautiful healthy plants from our members' gardens, donated annuals, plants grown by our junior gardeners and home baking.

It takes a large and enthusiastic team to pull off these sales; it is a lot of work but we love to see our plants go to

new homes.

We see many familiar faces each year and always enjoy talking to new gardeners just starting out, too. Thank you to all who donated plants or volunteered their time.

We were honoured to be nominated by the Town of East Gwillimbury for a Character Community Award for 2015. Two of us attended the awards ceremony at the Richmond Hill Centre for the Performing Arts on April 29th. It was inspiring to hear so many stories and see all the nominees from school-children to seniors who are making a difference in their communities. We appreciate this recognition from the Town for the work we do.

Our speaker in May, Paul Laporte, brought a wealth of knowledge about native plants and their vital role in the environment. Many insects and other organisms can

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only find the food they need on native plants; birds and animals further up the food chain rely on these insects for survival. Paul pointed out that many insects make their homes in the soil so while mulch is good to hold in moisture it is important to leave some soil uncovered for the ground-dwellers to make their nests.

Our monthly meetings give you a chance to hear interesting and informative speakers and meet other gardeners. People sometimes think they can't join a garden club because they don't know enough. Nothing could be further from the truth! If you know a lot, come and share your knowledge; if you're just beginning, come and learn.

On Tuesday, June 21st at 7:30p.m our speaker will be Carol Dunk; her topic is "A New Kind of Gardener". Carol is a passionate advocate for pollinators and past president of the Ontario Horticultural Association. The junior gardeners will meet at 7:00p.m. to create succulent gardens. We meet at Mount Albert Community Centre, Main Street. All are welcome.

From June 13th - 21st watch for events throughout the province marking GardenOntario week. East Gwillimbury Gardeners are celebrating with a tour of the Lucy Maud Montgomery home, manse and garden in Leaskdale on Wednesday, June 17th. We will tour the site, enjoy tea and scones, and then visit a local Master Gardener's garden and John's Garden Centre in Uxbridge. Transportation will be by carpool. If you would like to join us, contact Ellen at 905-473-1322 or email eggardeners@gmail.com by June 8th to see if there is space. The cost will be approximately \$10 - \$15.

How is your front garden coming along? One day at the end of June or beginning of July the volunteer judges for East Gwillimbury in Blooms will drive around and award Thumbs Up signs to 50 front gardens with great street appeal. May your garden flourish!

All the criteria for EG in Blooms and information about upcoming speakers are listed on our website: <http://www.gardenontario.org/site.php/eastgwillimbury>

Also visit us at <https://www.facebook.com/eastgwillimburygardeners>, email us at eggardeners@gmail.com or call Valerie at 905-853-7126. Happy gardening!

Anne Hill is past president of the East Gwillimbury Gardeners and Horticultural Society.

East Gwillimbury Gardeners

Meeting will be Tuesday June 16, 2015 at 7:30pm, at the Mt. Albert Community Centre, 53 Main Street: The evening speaker will be Carol Dunk speaking about "A New Kind of Gardener". There will be a Flower Show. Bring a mug and get a ticket for a prize.

For more information call 905-853-7126 or visit the website <http://www.facebook.com/eastgwillimburygardeners>, email: eggardeners@gmail.com or the OHA website at <http://www.gardenontario.org/site.php/eastgwillimbury>

York-Simcoe Naturalists Annual Hike

The York-Simcoe Naturalists traditional June Hike is coming up Tuesday, June 9th at 6:30pm. Join the group for a leisurely walk at the Cawthra Mulock Nature Reserve as they enjoy local flora, fauna & forge new friendships. For more information, visit their website: www.ysnaturalists.com.

East Gwillimbury Trail Walks 2015

Date: June 13, 2015 - 9:00 AM

Location: Vivian Creek Centre St.

Meet at the Parking Lot in park east side of Centre Street in Mount Albert.

Join the Summer Reading Club

Read and earn fun prizes along the way. For children of all ages. Free. Starts June 25, 2015. Register online or at the Library. Visit egpl.ca for details.

Join the Summer Read-to-Me Club

Read books with your child and earn fun prizes along the way. For children ages 0 - 5 years. Free. Starts June 25, 2015. Register online or at the Library. Visit egpl.ca for details.

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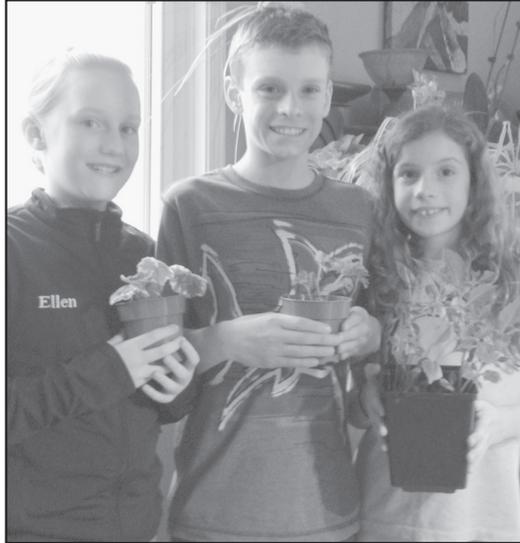
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Touching the Earth

As I write this, spring has made itself felt. Birds are giddy with joy, flying over my yard, snacking on the newly hatched bugs. Tulips and daffodils are waving their smiling faces and it seems like the lawn that didn't exist two days ago needs its first hair cut. Wow. People who know me, know that I LOVE gardens. I love the colours, the smells and even the weeds that poke up claiming they were here first. Although, if you know me, you also know that I have a matching set of brown thumbs. My children wouldn't think of giving me a plant for Mother's Day because, well, it amounts to murder plain and simple. I can never understand how someone who is so emotionally connected to growing things can be so bad at it. Meeting some of The East Gwillimbury Junior Gardeners has given me hope. If you can be under 16, and have a handle on gardening, maybe even I can do it.



It was a rainy afternoon in May when I met Lukas (12) and Robin (9) Vadeika and their friend Ellen Sanders (10) for a discussion about all things gardening and natural. These kids, all members of The East Gwillimbury Gardeners Junior Gardening Program, were excited and enthusiastic about the experiences they were having with the group. All have been members for approximately two years. One year at Sports Day, Lukas told me, he saw an exhibit of origami pots containing cacti at the Gardeners' booth. The idea of paper pots growing plants

intrigued him. He joined the Junior Gardeners and has never looked back.

On the 3rd Tuesday of the month they meet at the Mount Albert Community Centre from 7 to 7:30pm. During that time, leaders Marie Nicolle and Russ Burton teach them something about plants and help them do a project. They love it. Always busy, they work hard to arrange their extracurricular activities and school work so they can attend. Getting their hands dirty stimulates their imaginations.

A few of their past projects have been planters, fairy gardens, and suet feeders for the birds. They also go on field trips to gardens where they have participated in plantings or seed gatherings. The kids showed me Dahlias that they were tending and growing for the annual plant sale in May. I was impressed. I didn't know that Dahlias have to be pinched back to make them ready for the garden. These kids know more about gardening than I ever will. They told me if I decide to become a member too they are pretty sure that I can overcome my gardening short falls without much trouble.

These gardening kids are just the tip of the iceberg. The East Gwillimbury Gardeners (formerly The Mount Albert Garden and Horticultural Society) have their fingers in many pots of soil. They have worked with the Mount Albert Public School so they can have their own plot in the Millennium Garden, they also run library summer programs for kids. Now that most of us no longer live on farms where growing things is second nature, it is wonderful to see kids discovering a love for plants and the earth so young. These are skills that will do them well for life.

I met with Anne Hill, past president, and Barb Elend at their Queensville home and toured their garden. It was a beautiful palette of spring colours. I was green with envy. "I would LOVE to come to meetings," I moaned, "but I know nothing about gardens." They assured me that NO prior experience was necessary, I would learn everything I need to know. Adult meetings include talks, flower shows and practical tips and advice. If I were a member, I could help the volunteers with the many community gardens

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around town and maybe someday, know enough have a great garden myself. Every year, The EG Gardeners celebrate amazing front yard gardens throughout East Gwillimbury, by presenting fifty Thumbs Up awards for excellent curbside gardens within the town.

If it has to do with the earth, the gardeners are

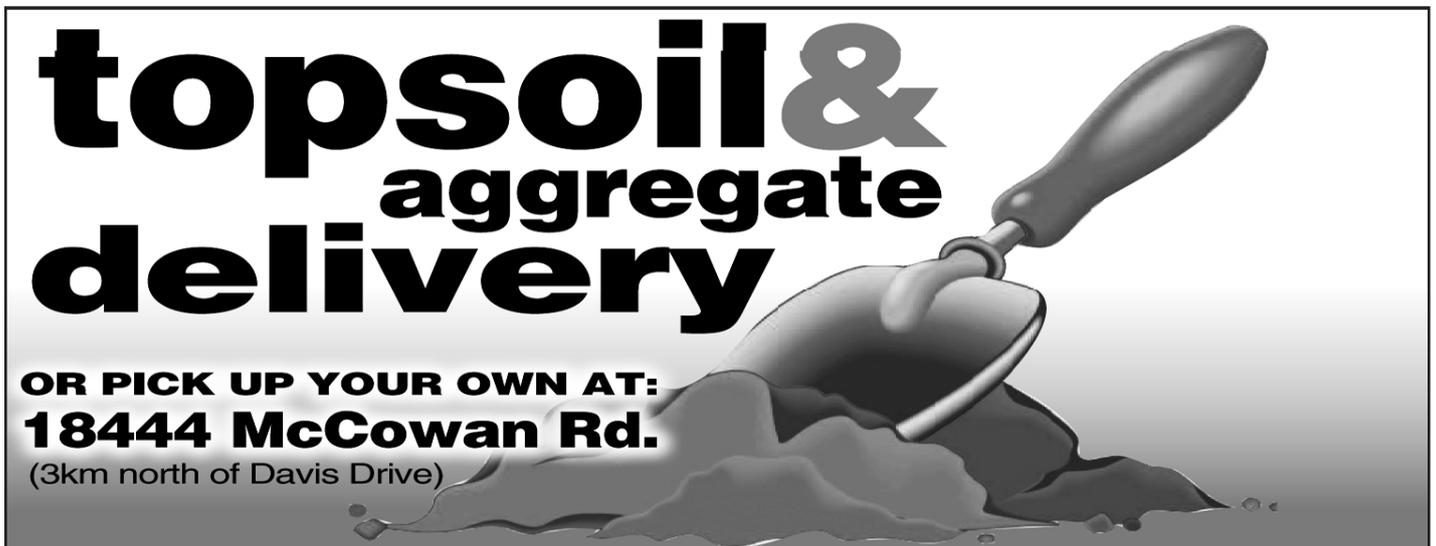
involved. They also keep their fingers on the pulse of environmental issues effecting the earth. One cause they are currently looking at is the Canadian Government's stance on Neonics and the deaths of bee colonies throughout Canada and the world. Things like that are important and the more informed we are the better. In the past, they have offered information on growing and maintaining plants native to the area, as well as drought resistant gardens, maintaining demonstration gardens so we can learn more.

If you are interested in flower arranging, preserving seeds, drying flowers or any aspect of having a home garden, the Gardeners would love to meet you. They also maintain several gardens in East Gwillimbury. Anne told me that last year the Gardeners logged 1700 hours around town, working in public gardens, providing education, judging and handing out awards, and going to shows and markets. Networking, publicity and administration are also handled by volunteers, demonstrating whole different skill sets. Wow. This is an elemental, back-to-the-roots community group, one whose work we see every day and yet pass by unaware. At this moment, it is hard to imagine the town without the gardening oasis created by this amazing group.

If you are interested in learning more, go to a meeting on the 3rd Tuesday of the month at the Mount Albert Community Centre from 7:30 until 9:00. If you are not a member, it will cost you 2 dollars to attend. Annual



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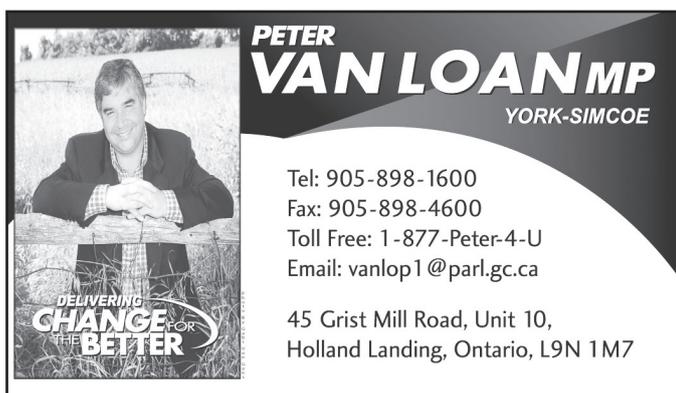
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memberships are \$20 for an individual, \$25 for a couple and \$30 for a family. It is only \$5 for a youth membership. The benefits are many, not only for the community but for you, your garden and your house plants – and as Lukas told me with a serious look on his face, that with the program and the amazing snacks, “That is dirt cheap.” I laughed but when I see the benefits of belonging: from workshops to meeting new friends, people who love gardening, expert advice, the monthly newsletter “Over the Garden Fence,” opportunities to do some competitive gardening and the ability to make a visible difference in the community – I definitely agree with him.

For more information go to:
facebook.com/eastgillimburygardeners or
www.gardenontario.org/site.php/eastwillimbury

Email eggardeners@gmail.com or just show up at a meeting. You won't be sorry you did.

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.



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Continued from Page 9.

pursuits – riding/walking/driving/running across the country – have teams of volunteers helping and providing financial assistance. Aside from a few basic sponsorships and donations of riding gear, Lewis is funding the entire trip with her own money.

In China, Lewis says she didn't experience the bureaucracy that you might assume would exist there. Early on, her ride through China was officially partnered by the Chinese Equestrian Association. And proudly, Lewis became the first person on record to ride the entire distance from one end of the Ming Great Wall of China to the other on horseback.

She might not have known what to expect on her route, but nothing surprised her, she says. “I tended to find that when things were going well you can be sure there is some problem coming around the corner.” Sometimes it was a Visa problem between countries, two of her horses died (from illnesses unrelated to her journey) and in China she had a difficult time getting ATMs to dispense cash when she needed it.

When she leaves Sharon in a couple of days, she'll search out off-road trails and follow the TransCanada Trail as much as she can.

The plan is to carry on to Detroit towards Chicago, meeting people, seeing the sights and living her dream one gallop at a time. Come November, she'll board Lady for the winter, fly home, and pick up again in 2016.

She doesn't feel as though she's missed many 'creature comforts' but admits it's nice to go back home in between trips. “I wouldn't like to live like this the whole of my life, and I miss my family, of course, but it was all part of the experience.”

You can follow Megan Lewis' trek on her website: thelonghorseride.com. For more information about Challenge Aid or to donate, visit: <https://www.justgiving.com/meganlonghorseride/>

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www.mountalbertsportsday.com



How does your retirement look?

Drawing a monthly paycheck from an Investment Portfolio is a simple task, provided you have the wealth and savings to create it. Loading up on stocks and collecting 5% dividends on \$2-million is simple enough, generating \$100,000 annually, as long as the stocks are performing. But what if you don't have access to the millions needed to generate these returns? Since the average Canadian will use a significant portion of their capital over their lifetime, it makes it difficult to focus on savings and, beyond that, investing.

All too often, we determine how much income we need and then we seek out an investment product that will meet that need. Instead, we should look for an investment that will continue to generate interest beyond what we think we'll need. Due to rising inflation, this strategy of 'only planning for what we will need' may not keep pace with reality. We need to evaluate potential investments based on the total return. Two factors come into play here: *Interest Income* and *Capital Growth* – the pool in which one should be looking to invest and draw their retirement income from.

Interest Income will provide your return and create the growth drawn from the investment. *Capital Growth* will help to counter longevity so that you will not outlive your savings. It is also important to focus on Capital Preservation and look for safe investments, while avoiding aspects of risk with the loan. From a return perspective, focusing on generating strong absolute cash returns, regardless of the prevailing investment climate, is also a very important factor. Here are some important things to remember when looking into investments:

Ensure your money is always performing for you, regardless of market conditions, and is always available to you if you need it.

With the TFSA contribution ceiling doubling from \$5,500 to \$11,000, this is great news

for clients that are conscious of the fact that "Money Makes Money" and are looking to invest in Collaterally Secured Investments and be able to shelter their profits. As wonderful as RRSP's are, we are quickly approaching the day that we will have to pay taxes on the proceeds that are being made.

With so many programs benefiting investors, it is important to consistently follow a simple and proven investment approach – one that will produce excellent returns over a long period of time. This approach is becoming more popular and is much simpler than it may appear. As long as you have begun investing at least 5 years prior to your retirement, and are successfully rolling your investment back into your portfolio, you will experience a strong growth that will have doubled in value, as this is the length of the average cycle.

When you retire, you want to ensure you have at least a growing portfolio, with a strong income. Without strong investments, the possibility of a comfortable retirement is becoming less likely. Don't let the market dictate your retirement; begin investing and plan for your future.

Alanna Gray is a Mortgage Agent with Mortgage Alliance Company of Canada.

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Honey, Let's Sell the House!

How often have you heard that “so and so got \$..... for their home” and wondered if you should cash in on the wave?

Surprisingly, not everyone gets top dollar for their property and the home next door is not always an indication of what you would get for yours.

Prices can swing by a hundred thousand dollars on the same street depending on what upgrades and improvements have been made. Not being aware of or realistic about your home's value in today's market is a costly mistake.

With the internet at our finger tips and dozens of home improvement shows, anyone can be a DIY Decorator or Real Estate Agent, or can they?!

The job of your Real Estate Agent is to complete a market analysis of your home, comparing recently listed, sold and unsold homes in the area to present you with a value assessment of your property.

This analysis takes into consideration the location, size, style and condition of your home compared to others in the area. Some of the Agents I work with provide a price range or two different suggested listing prices: one for the property in its present condition and a higher price if the Sellers follow through with our advice and staging recommendations.

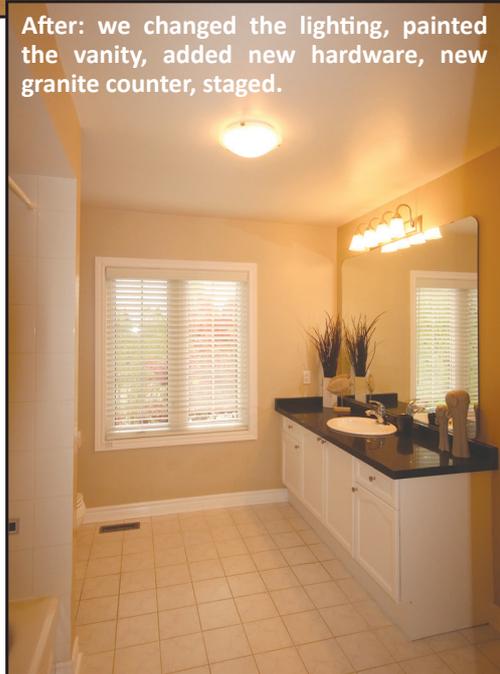
A 2014 survey by The National Association of Realtors (NARS,) found that 83% of people view their home as a good financial investment.

A Staging consultation is designed to analyze a property and suggest changes and improvements that will result in a higher return and shorter selling cycle. Engaging a professional Stager can provide you with resources that have been proven to increase your home's

Before: dated and original.



After: we changed the lighting, painted the vanity, added new hardware, new granite counter, staged.



value. Lately home owners are looking for advice on larger renovations vs. just tweaking or staging their properties prior to listing. These renovations typically attract more buyers and result in a quicker sale at higher prices.

Some home owners waste time and money focusing on improvements that don't translate into dollars in their pockets. Look for advice from the professionals who understand the market and know what today's Buyers want.

Putting your home on the market is not the time to be subjective, emotional or to penny-pinch.

Real Estate must be viewed as a high stakes business transaction. Investing in Staging is a key part of the process as it helps Sellers begin the detachment process and move forward in a positive way to generate the highest return on their investment.

Susan Crema-Martin is a Certified Master Canadian Staging Professional who works with clients that are selling their home or are looking for assistance in redesigning their space they live in. Note: Martin Designs is the recipient of the Best of Houzz 2015 for customer service. Visit Houzz.com - find a pro - Martin Designs.



Continued from Page 3.

The new bins will roll out in the big city in late 2015 or early 2016 and the old bins will be recycled and used to make the new ones. Other municipalities will, no doubt, be watching closely to see how the new green bins are received.

I know what you're thinking. Here in East Gwillimbury we don't have a raccoon problem, do we?

Oh, do I have a story for you!

Anyone who corresponds with me regularly knows that I like to work overnight into the wee hours of the morning. It's not uncommon for me to send emails out at 4am on any given day.

One night a couple of weeks ago, I was sitting at my desk in the basement office when all of a sudden I heard this loud crash upstairs. I bolted from my chair, and started upstairs to investigate. I looked around the livingroom and all was quiet. Nothing had fallen or looked out of place.

I went to the front door, turned on the outside light, and was shocked at the intruder standing 2 feet from the window. It was the biggest, fattest, raccoon I've ever seen (the size of a toddler, I swear). I was much more startled by it than it was by me. This brazen raccoon had knocked over my green bin on the porch (which was the sound I had heard in the basement) and was helping himself to some eggshells, apple bits, and a potato. It was a regular smorgasbord on Mainprize Crescent that night.

I banged on the window to shoo him away. Unphased, he looked up from his meal and kept chomping away. My eyes widened. 'Now what do I do?' I thought. You don't expect a critter to be that tame and bold to the point they won't back down from a potential human confrontation. I opened the door just a notch, then slammed it shut. That was enough to coax him into taking his lunch 'to

go' – awkwardly dragging the tattered bag across the driveway with him. When he realized I was chasing him, he ditched the bag and its contents and scurried off into the night.

And where was my little white Westie, Violet, during all this excitement? Fast asleep, oblivious to all that was happening. Back to Guard Dog school we go.

My story has an easy fix – don't leave the green bin outside. Store it in the garage and put it out to the curb first thing in the morning.

The neighbours down the street have had a much worse time of it.

This Spring a female raccoon found a home in our neighbours' attic. It was such a warm and cozy place that she decided to have babies there! And by the time you discover you have a pest problem, it's too late to avoid the hassles that come with it. The neighbours tried traps, blocking off the place where they got in; even re-locating them. Raccoons are resourceful and have a memory like an elephant! Mamma raccoon and her family came back.

It took several calls to a humane wildlife removal company to remedy the situation. But the fix meant tearing out drywall, adding new insulation and new drywall, and blocking the spot where the raccoons burrowed their way in. The problem has been fixed, for the moment.

Try telling our neighbours that East Gwillimbury doesn't have a raccoon problem, let alone an epidemic that a city the size of Toronto is facing.

John Tory got it right, albeit with much more pomp and circumstance than was probably necessary. And if, at some point (years from now), a new re-designed green bin arrives at your door here in East Gwillimbury, you'll know why.



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Life's Greatest Mystery

Why do we live in a world where we judge each other for our beliefs? When we were children we played among enchanted, magical forests where we flew over wishing trees with our gold fairy wings as we held the hand of our imaginary friend. Who could tell us we were wrong? Were we wrong? If we believed unicorns could fly and the clouds were made of cotton candy, would the grown-ups tell us otherwise? Would they demand that it wasn't true? Why do our parents tell us to dream big, believe and have faith in what we love, when in years to come when we aren't little anymore these words of wisdom no longer apply?

We all come from different places, cultures, backgrounds, practices and lifestyles. We have different ideas, mindsets, perceptions and understandings of how the world around us works and how we function in it. Billions of people inhabit this enormous universe that was created for us – provided to us so that we can reproduce, experience, learn and construct a future for the generations that will eventually take our places. We have various understandings of why we were put here, what our purposes are and what our missions are. Who's to say that each and every understanding and thought isn't the right one? Who's to say that everyone's idea isn't the correct idea?

Humans; we are all the same species. We may look different, we may sound different and we may prefer different things, but beneath our outside shells, we have the same structures. We, just as different foods, have various characteristics; we are many colours, shapes and forms and have different tastes, smells and textures – but just as oranges, apples and bananas all appear different, they all come from the same family.

We all have our own conceptions of a greater being who put us on this planet. Someone who is there to pro-

tect us, take care of us and answer our prayers. We all have different ideas of what they look like, their gender, origin, species – this unknown question being one of the greatest mysteries of our universe. While we argue and fight over whose theories are the right theories, whose ideologies make the most sense and whose philosophies are the most credible, we forget that all of our ideas are and can be valid.

Children each have different ideas of what fairies look like. Some children believe that they are teensy, tiny, with crystal wings and pouches of fairy dust that they carry with them on their flights through magical forests. Some children believe that they can shape shift into absolutely anything they want at any time of day.

Many children fear the dark corners of their rooms, under their beds or closets where scary creatures live and wait until they shut their eyes. Other children believe that their stuffed animals are the ones who will fight and protect them from those scary demons while they are sound asleep. Would you ever tell a child that their ideas were wrong? Of course not, because where's the proof that they are?

Whether he believes in this, she believes in that, they have faith in it or we put trust in them; not one person is inaccurate in their perception and understanding of who put us here and what our purposes are. There is no right and wrong, there are only possibilities. If you ask me, this is our purpose and this is the answer to life's greatest mystery. We humans should learn this quickly because I am absolutely positive that all of our Gods, creators and great beings are sitting together as friends, looking down on us and wishing that we could do the same.

Alexandria Lipani is a York University communications student. She is a writer and aspiring journalist from Queensville.



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How to protect your pet from fleas and ticks

A cat or dog with fleas or ticks in their fur is an uncomfortable and irritated pet. But did you know that these infestations can lead to more serious health problems for both your pet and your family? Some animals – and people – can suffer allergic reactions to flea saliva, causing rashes. Sometimes, fleas and ticks can transmit disease.

One of the best ways to detect fleas or ticks is to inspect your pet regularly, especially after an outing or contact with other animals. Here's what to look for:

- Fleas are small insects (one to four millimetres long) with dark brown or reddish brown flattened bodies. Look for black particles the size of milled pepper on your pet's skin near the tail on the back of your dog or cat.

- Ticks feed on the blood of animals, including humans. They have four pairs of legs and can be easily seen, especially when they are feeding.

If you find a flea infestation or a tick on your pet, the first step is manual removal:

- For fleas, use a flea comb and focus on where fleas are most likely to gather; usually the neck, tail or belly of your pet. Flea combs allow hair to pass through the tines, but not the fleas, and remove fleas, flea feces and dried blood. Deposit any fleas you catch in hot soapy water to kill them.

- Ticks need to be removed carefully. Wear disposable gloves and grasp the tick with a pair of fine tweezers as close to the skin as possible, with the tweezers held at a right angle to the tick's body. Gently but firmly, pull the tick up and away from the host's skin. Avoid twisting or turning the tick during removal. To kill a tick, you can freeze it, or submerge it in rubbing alcohol. Afterwards, throw out the gloves and wash your hands and the tweezers thoroughly. When appropriate, disinfect the site where the tick was feeding.

If you suspect Lyme disease and wish to send the tick for laboratory testing, contact your local provincial public health authority to find out where it should be sent. Advice on how to handle, package, and ship ticks is available from the Public Health Agency of Canada at:

www.phac-aspc.gc.ca, under Infectious Diseases.

To protect against fleas and ticks, many pet owners use products that are designed for skin contact with pets, such as spot treatments, shampoos, sprays or collars. These products have been proven effective, however it is extremely important to read and follow all of the label directions for the safety of your pet and family.

If you plan to use a flea or tick control product on your pet:

- Check with your veterinarian for advice if you're unsure about which product to use. If your pet is elderly, pregnant or nursing, sick or on medication, it may have additional sensitivity to flea and tick control products.

- Tell your vet if your pets are in regular close contact with young children.

- Make sure to read the product label and closely follow the instructions, which can change over time.

- Use the product only on the animal specified on the product label: dog products should only be used on dogs, cat products only on cats.

- Apply only the amount indicated for the size and weight of your pet – too little could be ineffective and too much could be harmful.

- Observe your pet closely during and after treatment, especially the first time that you use a flea and tick control product. Signs of an adverse reaction can include skin irritation. Seizures are a sign of a more serious reaction.

- Contact a veterinarian if you notice your pet experiencing an adverse effect. It is important to report any adverse effects to the manufacturer listed on the product label. Manufacturers are required by law to report incidents to Health Canada. You may also report incidents to Health Canada.

More information, including a video on how to properly apply pet protection products, is available at www.healthy Canadians.gc.ca/video/flea-tick-antipuces-antitiques-eng.php. You can also contact Health Canada's Pest Management Regulatory Agency at 1-800-267-6315 or pmra.infoserv@hc-sc.gc.ca.

Source: newscanada.com

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Sneaky Summer Nutrition Tips

With backyard barbecue season officially upon us, it's easy to get caught up in all those bowls of nachos, high calorie drinks and snack foods. Summer is about easy living and enjoying the outdoors – the last thing most of us want to do is think about preparing healthy meals and watching calories. No need to stress about it, here are a few easy and healthy tips to make the summer season a little “lighter” on the waistline.

Make Iced Teas Your Friend! Unsweetened Iced Tea is a calorie free drink that can have countless delicious variations. I keep a jug of iced Passion Tea, by Tazo in my fridge at all times. It's a light and fruity tea made with hibiscus and is a beautiful red colour so it looks fun at parties. I also keep jug of iced green tea in the fridge. Add a ¼ cup of lemonade to either and a bunch of ice and it's a perfect low-cal drink that is very refreshing. It's also great on its own with just some fresh mint and lots of ice. For those who like it a little sweeter, you can easily make your own simple syrup and keep it in the fridge, this way you can add as much or as little sweetener as you or your guests want. Add one cup of sugar (I like organic cane sugar, but any will do) to one cup of boiling water. Let simmer for about 5 minutes and then keep in a glass jar in the fridge. A little bit of this will sweeten a drink and leaves no sugary crystals in the bottom!

Make Better Burgers. Almost every backyard BBQ I know of features burgers on the BBQ. No matter what type of burgers you serve, you can always make your burger better by adding some great toppings! Try serving a platter of fresh and delicious toppings for you and your guests and turn a boring backyard burger into a thing of beauty. Some of my favorite burger staples are: sliced avocado, baby spinach, fresh sprouts, cucumber slices, thinly sliced red peppers and grated carrots. Who needs lettuce when you have all that! To really take it up a notch, try serving tzatziki dip, fresh salsa, hummus or black bean dip as a topping as well. All are fantastic on burgers!

Serve Salads That LAST. There is nothing worse than making a big salad for a get-together and then throwing out half of it (or more!) when the guests leave because it won't keep until the next day. The following ingredients make great salad for get-togethers and they are great for 2-6 days after the event!

- Kale – use this instead of lettuce with an oil and

vinegar based dressing. You can add the dressing well in advance and kale won't get soggy. It even keeps in the fridge with the dressing on for a couple of days! Great with chopped nuts or seeds, cucumbers or peppers – all of these things will keep for a few days too!

- Try a Tabouleh Salad. This salad is made with parsley and cracked wheat (or quinoa or couscous) and is a traditional Middle Eastern salad. It is absolutely delicious, super healthy and keeps for about 3 days. It's even great as a topping on your burger. Check the web for lots of different and easy recipes.

- You can't go wrong with serving a traditional potato salad.....except that mayo in the heat isn't so good and is loaded with extra calories. Try tossing your usual potato salad recipe in Tzatziki instead of mayo for a garlicky twist that is high in protein and lower in calories – you will never go back!

- My final fave is a blanched cauliflower salad. I cut up cauliflower florets, steam them for about 3 minutes and then add a bunch of chopped colourful peppers. Toss in an oil and vinegar dressing with maybe some chopped parsley or basil and you are set for about a week! It is actually even better after a couple days of marinating in the fridge. It's a great crunchy addition to a BBQ spread.

Fruit Desserts Don't Have To Be Boring. Fruit can be exciting and fun and it's a great dessert choice for both adults and kids. Take your traditional fruit platter up a notch with these suggestions.

- Try serving frozen melon balls on toothpicks. Watermelon, honeydew and cantaloupe all make great melon balls and taste delicious frozen. Use a melon baller and arrange the melon on a plate (more colours always look better). Pop some toothpicks in the top of them and throw the plate in the freezer for a few hours. Bring it out after a meal and your guests will love these little frozen bite-size treats. (They keep well in a zip locked bag in the freezer for a couple weeks, but don't try and re-freeze once they have thawed.)

- Make your own popsicles! Maybe you haven't done this since you were a kid, but both kids and adults love popsicles. I have a staple one that I make at my house that my 2 year old LOVES; 1 cup of coconut milk (full fat variety - these are some great brain boosting fats!), 1 cup of raspberry or strawberry Kefir (available at Foodland and loaded with healthy probiotics) and 1 cup of fresh berries (any kind). Blend it all together and

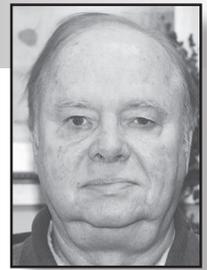
pour into Popsicle molds. Delicious on a hot summer day and loaded with healthy fats and probiotics too! (This one is great for kids' growing brains!)

• Try fruit salad with a twist. I was at a friend's BBQ a few years ago and she served a watermelon and strawberry salad with fresh mint leaves. It was fantastic. So simple and so delicious. Equal parts strawberry and watermelon and a bunch of torn up mint leaves and just a splash of vanilla. Toss it together and leave it at room temperature for a few hours. Simply delicious and super healthy.....and it will freshen up your breath too!

I hope these ideas inspire you to live a healthier and more delicious summer this year! I'm looking forward to a summer filled with good friends, great weather and fantastic food.

Enjoy!

Brandi is a Registered Nutritionist and certified Personal Trainer at Body Design. Body Design offers personal training, nutrition and lifestyle coaching to assist individuals achieve their fitness and weight loss goals. www.bodydesign.ca



Anger Management

Anger is one of our primary emotions. Unfortunately, it is one that is frequently dealt with inappropriately. Many people learn unhealthy ways of processing anger, from suppressing and repressing angry feelings to exploding in rage with little provocation. Anger out of control can result in problems within the family, society and with the police. Because adults frequently do not model appropriate ways to process anger, young adolescents sometime do not have the opportunity to learn these skills, and their responses are inappropriate and ineffective.

A significant body of research evidence suggests that inappropriate anger responses can be replaced with more appropriate and effective behaviour. Although many different techniques can be used to help individuals learn and practice anger management skills, most are based on a three-step process:

1. Becoming aware of behaviours that are hurtful to self and/or others
2. Learning skills or techniques to replace hurtful behaviours; and
3. Practicing until the new, more adaptive behaviours become usable in real-life situation.

By having these new behaviours in their repertoire, individuals can better function in school, at home, in the workplace and in society in general.

If anger is out of control is it strongly suggested that you seek professional help before you reach the level of charges being laid against you for assault. The purpose of these sessions will be to assist in identifying, and moving towards healthier patterns of communications when in conflict through techniques such as validation, empathy, problem-solving and negotiation.

Other topics to think about include:

- | | |
|----------------------------------|----------------------------|
| 1. Interpersonal coping skills | 2. Recognizing anger cues |
| 3. Relapse prevention | 4. Coping statements |
| 5. Appropriate vs. inappropriate | 6. Changing angry thinking |
| 7. I'm in charge of me | 8. Empathy |
| 9. Stress management | 10. Horriblizing. |

As mentioned anger is an appropriate emotion when it is kept within acceptable bounds. When it gets beyond these bounds action needs to be taken. Remember you affect a lot of people when anger is allowed to exceed its acceptable limits.

Raymond Mark has lived in East Gwillimbury for over 30 years. He is a psychotherapist in private practice. He has enjoyed coaching minor softball and has an interest in photography.



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Words to Inspire



NeighbourhoodNetwork
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What or who inspires you? If you follow Facebook regularly there are daily quotes from famous individuals such as Nelson Mandela, the Dalai Lama or Ralph Waldo Emerson to mention a few. Their words may cause you to stop and reflect as to whether or not you follow their wise advice in your life journey. Recently there has been a movement to “pay it forward” or to find a way to make someone less fortunate feel better, but somehow clicking “like” to show your support just seems like a meaningless gesture.

Recently I had the opportunity to be inspired twenty times over! The “who” were the twenty recipients of Neighbourhood Network’s Give Back Awards and the “what” were the amazing and generous acts of volunteerism by these young people. Their stories are indeed inspiring and to think that each young man and woman also handles school responsibilities, holds part time jobs and perhaps enjoys a social life makes one wonder when they actually sleep!

I would like to share some of their stories with you, keeping in mind that the space here doesn’t allow for as much detail as these amazing students deserve. To get the full story, I would suggest you check out our website www.nnetwork.org where the Give Back recipients are featured along with pictures of the ceremony which was held at Magna International headquarters during National Volunteer week.

Let’s begin right here in East Gwillimbury with our very own Melissa Striepe. Melissa gives back “to contribute, to have a part in change, to help one or many, and because she yearns to see better lives and better ecological health.” In fact, Melissa is actively involved with the Ontario Nature Youth Council. She helps to plan, organize and execute an Annual Youth Summit and other fundraisers. This month she is holding a wildflower planting day in the hopes of creating a pollinator habitat. I think our planet is in good hands with individuals like Melissa willing to spend hour upon hour safeguarding it.

The town of Aurora is blessed with several youth who have demonstrated the desire to “Give Back”. Trevor Wright sees volunteering as being part of his life ... “if we work every day to improve the lives of others, the world will slowly but surely become a better place.” Combatting youth homelessness is Trevor’s passion, and he cham-

pions this cause by participating in fundraisers and raising awareness amongst his peers. Indeed, he has co-chaired the 360 Experience Youth Leaders Edition and helped raise over \$23,000!

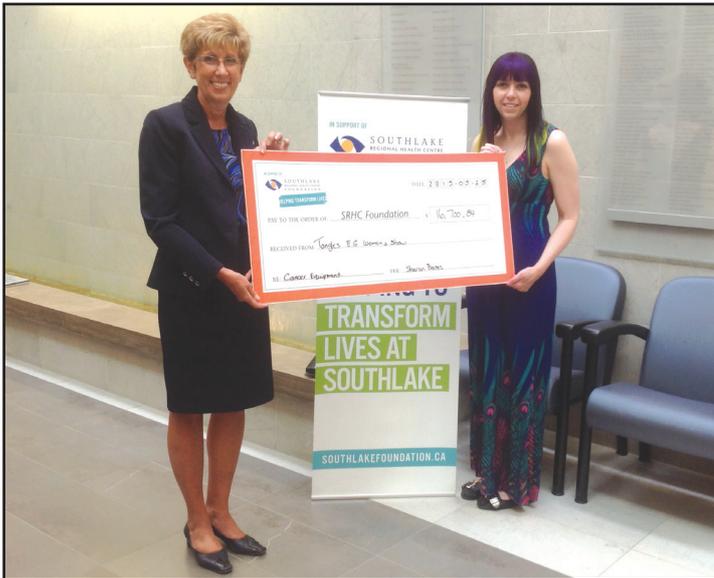
Another Aurora student, Damian Di Biase has accumulated over 650 community service hours by acting as a referee for the King United Soccer Club. His outstanding leadership skills have earned him the position of Student Council President at his school and he is very active in his community by volunteering for many events. Through volunteerism, Damian has gained “good leadership skills and learned the true value of giving back by impacting people in a positive way.”

Damiano Panetta is a true inspiration, leader and role model. As a hearing-impaired individual himself, Damiano hopes to “help further develop devices such as the cochlear implant, to help other people just like him.” He acts as a mentor within his school board by giving talks to students about setting goals, hearing loss and overcoming adversity. He also volunteers for the Hospital for Sick Children and the Parkinson’s Foundation. This very determined young man wants everyone to know that people with disabilities can reach their goals and do anythingthe key is not to give up.

Feeling inspired yet? If not then Bomi Park’s story is sure to warm your heart! This Newmarket student strongly believes that her “small actions of caring will be brought together and contribute in changing the community and making the globe a better place to live.” Those “small” gestures that Bomi makes reference to include going on mission trips to the Phillipines, Ecuador and Costa Rica! While in these foreign lands, she learned what poverty looked like, and committed herself to a lifetime of volunteering, helping one individual at a time. Besides being active with this missionary work, Bomi is active in the community by creating a Christian youth group which spans a number of cities in Ontario.

WOW ...this is just the tip of the volunteer iceberg! More great stories of inspired and inspiring students who simply want to make the world a better placeto be continued.

Susan Boyne-Bird is the East Gwillimbury ambassador for Neighbourhood Network. To contact her call 905.473.9617 or susantboyne@sympatico.ca.



The results from the EG Women's Show are in!
 Sharon Bates recently presented a cheque to the Southlake Regional Health Centre Foundation in the amount of \$16,700.84 - proceeds from the 5th Annual East Gwillimbury Women's Show. Congratulations for all your hard work Sharon, and thanks to all vendors, sponsors, volunteers, and those who attended the show.

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