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# Bulletin MAGAZINE

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May 2012 Issue 4 Volume 14

## Oh, What a Show!

Story pg. 15



Celebrate National Public Works Week and EMS Week at our annual

# Family Fun Day

## Saturday, May 26

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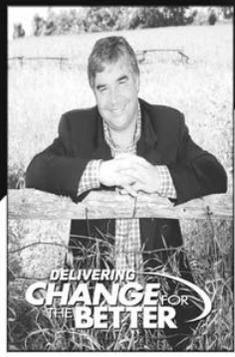
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## Editor's Note

*I'll just start off this month with apologies (in advance)... Why? You know how everyone tells you to back up your files – well let me just say that I have been slacking a little in that area (life's been busy here) and I am suffering because of it. Computer crashed last month, need I say more.*

*Working on the same computer since 2004, a pretty good run in today's standards, it has taken some time to recover the hard drive. Temporarily working on another family members computer... recovering email, invoicing and a current issue of the magazine it was time to decide on whether to upgrade.... we did. Now in just under 10 years things change, software is new and boy do I have a lot to learn... so why apologize? Since I didn't have everything that I should have backed up I've started from scratch - no magazine template to work from, etc, etc. What does that mean for you and why would you care? Things may be a little different in this issue and you may not find everything you're accustomed to seeing. The EG Public Library's page and Ongoing Events are not in this issue, but we will have them on our website this month ([www.TheBulletinMagazine.com](http://www.TheBulletinMagazine.com)) and they will be back in June. So this will give you a reason to check out our site and see what we have there (just about everything in the printed issue) and some more.*

*I will spend the next month learning new software and I hope to be back to normal soon! Now I dream about computers and backing up, external hard drives and I told you so's.*

*For all the moms out there "Happy Mother's Day"!!!  
For all the EG residents and beyond, there are lot's of activities in the next few weeks and months - get out there and enjoy your community!*

Take care, Christine Benns



# East Gwillimbury's **Bulletin Magazine**

[www.TheBulletinMagazine.com](http://www.TheBulletinMagazine.com)

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The Bulletin Magazine is published monthly 10 times per year, by Creative Graphics.

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# It's Spring Detox Time!

By Brandi McCarthy

One of the most common requests I get as a Registered Nutritionist is for "Detox" plans. Detox from sugar, crappy food, too much alcohol, you name it, we all want a quick fix from all the damage we have done! The great news is you don't need to do a specific cleanse, buy pills and potions or eat nothing but cabbage soup for a week to do an effective detox. A great detox can be super simple and done on a daily basis! Some good REAL food and lots of water is really all you need.

The main way our bodies "detox" is through our liver (the kidneys and skin are responsible for detoxification as well, but the liver is the head honcho!) Our liver is a wonderful organ that continually helps our body clean out toxins on a daily basis. When we are talking about a detox, we usually mean the liver, and to keep it running smoothly and detoxifying effectively all you need to do is give it a little help each and every day. So if you are looking for an effective detox, here are my top 6 tips for sneaking in DAILY detoxification without ever feeling deprived;

1. Start your day with a warm glass of water with a half a lemon squeezed in it. Yup, it's that simple! Lemon stimulates liver detoxification and stimulates digestive enzymes which help to improve digestion. In fact, this is my number one tip for daily detoxification and it's SO EASY to do!

2. Eat your broccoli.... or Cabbage, Cauliflower or Brussels Sprouts. These foods are known as cruciferous vegetables and support liver detoxification. Simply including cruciferous vegetables in your diet on a daily basis does wonders for keeping your liver happy and healthy!

Bonus: Cruciferous veggies also have a unique compound called Indole 3 Carbinol which has been shown to be cancer protective!

3. Include sulfur rich foods in your diet. This isn't as gross as it may sound; garlic, onions and eggs are 3 delicious sources of sulfur! Sulfur is an important compound in liver detoxification and without it, our livers just don't work as well. Do your best to include these foods as least a few times a week if not daily.

May 2012

4. Avoid or Eliminate processed foods. This is a biggie. Reducing the amount of work the liver has to do goes a long way to support detoxification. Processed foods are usually loaded with additives and preservatives and the liver needs to work just as hard at getting rid of these substances as it does to process prescription drugs! The less processed foods you eat, the less the liver has to work and the more efficient it will be!

5. Drink lots of pure water. I know you have heard it a million times before, but yes, drinking lots of water really does help! All of our body processes require water to work efficiently and that includes the liver. A great guideline for how much water to drink is to divide your weight in pounds by 2. That number represents the number of ounces of water you should drink every day. (example, if you are 140lbs, you would need 70 ounces of water a day. 1 cup of water is 8 ounces so this person would need to drink about 9 glasses per day.)

6. Get enough sleep. This may seem like an odd way to detox, but if you don't allow your body to recover properly overnight, it won't work as efficiently the next day. In fact a new study has shown that your metabolism suffers after only 6 nights of poor sleep and your risk for Diabetes drastically increases after one year of inadequate sleep. When we get a poor sleep night after night our entire system suffers. Aim for 8 solid hours a night! Nowhere near that number? Back up the time you go to sleep by 15 minutes every week until you get there. This small change will make a BIG difference!

And there you have, 6 things you can do each and every day to support detoxification and improved health. How easy is that? Happy spring detoxing everyone.



*By Brandi McCarthy, RHN. 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](http://www.bodydesign.ca)*

# What's ON

## **Saturday, May 5 - 10:00 am - 2:00 pm** **Spring Fling at Mount Albert Public School**

The school's Parent Council is hosting and will be offering a variety of local vendors including jewelry, food, crafters, clothing, accessories and more. There will also be some great draw prizes available to be won. 5488 Mount Albert Road. Come celebrate Spring with us!

## **Saturday, May 5 - 9:00 am until noon**

The York-Simcoe Federal Liberal Association - in support of York Region's annual **Clean-Up Day**, are co-ordinating a clean-up of the Metro Road Forest Track, located at 1763 Metro Road North, in Georgina, just East of Kennedy Road. All are welcome, please come out and join us in the parking lot.

## **Sunday, May 6 - 9:00 am to 1:00 pm** **Whatever-a-thon for Cyndi Desjardins**

Fairy Lake Park - Water Street, Newmarket  
Cyndi Desjardins is a Holland Landing resident who lost both her HANDS and FEET to the terrible Necrotizing Fasciitis. You may know it as the flesh-eating disease. Cyndi is a determined, spirited wife and mother of two young children and we are proud to help her in any way possible. IODE Holland Landing have joined up with another small group of inspired people who have organized a **WHATEVER-A-THON**, 5 km or 'whatever you can do' fundraiser to help raise funds for Cyndi's myoelectric arms. To register for the event or to donate to Cyndi go to [www.whatever-a-thon.com](http://www.whatever-a-thon.com) Thank you for support!

## **Sunday, May 6** **Writers' Community of York Region Meeting** **featuring librarian Catherine Sword**

Aurora Cultural Centre, 22 Church St., Aurora  
Doors open at 12:30, lunch is 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. [www.wcyork.ca](http://www.wcyork.ca)

## **Saturday, May 12 - 9 am to 1 pm** **Plant and Yard Sale**

Christ Church, Holland Landing  
Drinks and food available. For info call 905 836 7360.

## **Saturday, May 12 - 8:00 am** **Mt. Albert Volunteer Fire Fighters Annual Golf Tournament**

\$100.00. Silver Lakes Golf & Country Club, 21114 Yonge Street. Fire Station 26 in Mount Albert would like to invite you to our annual golf tournament which we have moved back to EG. Bring a foursome or we can pair you up with others. Space is limited so contact Dan 905-473-9382, [egfirestation26@gmail.com](mailto:egfirestation26@gmail.com)

## **Saturday, May 12** **MOTHER'S DAY VICTORIAN TEA**

Two sittings: 1:30-2:30 pm or 3-4 pm  
Bring your mom and enjoy an old-fashioned afternoon in a historical setting! A variety of teas, old-fashioned sandwiches and sweets will be served on vintage china. Wear a fancy hat if you have one or borrow one of ours! Tickets are \$10.00 and must be purchased at the Museum in advance. Presented by the Friends of the Museum. For more information, please call (905) 953-5314. 134 Main Street South, Newmarket.

## **Tuesday, May 15** **East Gwillimbury Gardeners' Meeting**

7:30 p.m. Speaker: Donna McMaster will be talking about the many varieties of clematis and their care. 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, May 15**  
**Newmarket Horticultural Society's Meeting**  
905-898-2635 or visit [www.gardennewmarket.ca](http://www.gardennewmarket.ca)  
Membership fees: \$15/single; \$20/couple; \$2/Guests  
Newmarket Community Centre, 200 Doug Duncan Dr.  
Guest: Cooking with Moira Sanders

**Wednesday, May 16 - 6:30 - 9:00 pm**  
**CARP Newmarket Aurora Chapter #44**  
will be holding a Health and Wellness Session at the Ray Twinney Recreational Complex, Lounge 2, 100 Eagle Street, Newmarket.  
Call Lorraine at 416-805-6721.

**Saturday May 19**  
**Master Gardener's Plant Sale**  
9:00 am until sold out. Newmarket Church of Christ, 230 Davis Drive, Newmarket (east of Yonge St.)

# What's ON

lss.mgoi.ca Fantastic prices on member-grown perennials & vegetables, incl. heirloom varieties.

## Saturday, May 19

**Kamishibal for Kids:** Celebrate Asian Heritage Month by listening to captivating Japanese tales and by making your own Asian craft! Ages 3 – 7 (with adult). Mount Albert Library at 10:30 a.m. Please register. \$1.00/child.

## Every Saturday starting May 26 to Oct 6 East Gwillimbury Farmers' Market

8 am to 1 pm...We're at the Civic Centre – 19000 Leslie St at Mt. Albert Road. Fun stuff for the kids, great stuff for Mom and Dad...So come on out to the market and get fresh! See page 29 for the Rhubarb Contest!!

## Saturday, May 26

### Annual Yard Sale

The Anglican Church Women of St. James the Apostle are hosting their annual Yard Sale at 18794 Leslie Street, Sharon from 9 a.m. - 12 noon. Baking and perennials will also be on sale.

## Saturday, May 26

### Auction & Barbeque

Wesley United Church, Aurora Rd./Woodbine Ave. BBQ @ 12 noon. Auction sale @ 1:00 pm Fund raising sale of household goods, power tools, etc. Donations of sale items gratefully accepted. Pick-up available. Contact 905-473-3388

## SATURDAY MAY 26th, 10 am - NOON

### East Gwillimbury Gardener's SPRING PLANT AND BAKE SALE

Excellent plants from our members' gardens and selected nursery plants specially chosen for this area. In commemoration of the war of 1812 we will also have red geraniums for sale. Come early, the plants and treats sell out fast. For more information call 905-478-8450 or visit <http://www.gardenontario.org/site.php/mountalbert>

## Saturday, May 26 - 1 PM SHARP

### Newmarket Hort. Society's ANNUAL PLANT SALE

Call 905-898-2635 or visit [www.gardennewmarket.ca](http://www.gardennewmarket.ca) Free Admission. Newmarket Community Centre, 200 Doug Duncan Dr. This is our annual fundraiser where we offer a wide variety of healthy perennials, annuals, herbs, shrubs, and indoor plants. All plants are grown

by Society members and available at BARGAIN PRICES. Don't be disappointed, please come early for the best selection!

## Wednesday, May 30

### East Gwillimbury Chamber of Commerce After Hours "Pub Nite"

5:30 - 7:30 pm; Snacks served (cash bar). Silver Lakes Golf & Country Club, 21114 Yonge Street, Holland Landing. [www.egcoc.org](http://www.egcoc.org) or 905-478-8447 \$5 for chamber members; \$10 for guests Come see the newly renovated Silver Lakes Golf & Country Club and network!

## Thursday, May 31

### Open House and Drop-In for Coffee

10:00 am to 12:00 pm Bring a friend. All Welcome! St. James Parish Hall, 18794 Leslie St., Sharon

## WHAT'S ON JUNE

## Wednesday, June 6 - 7:30 pm

### Author Reading with award winning author Miriam Toews

\$10 / \$8 for members Civic Centre, 19000 Leslie St., Sharon Meet Miriam Toews and hear about her latest book, *Irma Voth*. Includes a reception and book signing.

## Saturday, June 9; 10:00 am - 3:00 pm

### Art in the Park Show and Sale

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## IN THE GARDEN



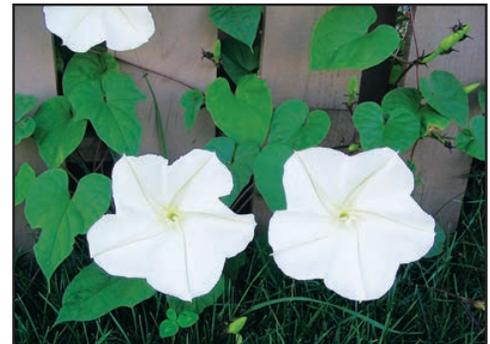
# THE MOON GARDEN

By Mary Lou Swanson, Lake Simcoe South Master Gardeners

Gardens are meant to be savoured and enjoyed, but for many people with busy daytime schedules, the summer season seems to fly by without much opportunity to “stop and smell the roses.” If you rarely have a chance to relax outdoors during daylight hours, it’s not difficult to plant a garden that comes into its own just as the sun is setting. Site your evening garden where you can enjoy it, wherever you’re most likely to sit and unwind at the end of the day.

Most flowers bloom during the day, attracting bees, birds and butterflies with their bright colours and subtle scents. Pollination is a flower’s main reason for being and competition in the garden can be fierce. For that reason, some plants have adapted to blooming at night or in the early evening in order to attract moths and other nocturnal pollinators. Many are strongly scented and bloom in white or pale colours so that they almost glow in the moonlight.

When a moth arrives at a fragrant white flower, it is hoping to find a tubular shaped bloom which will accommodate its long, narrow, sucking mouthpart. One such plant that fits the bill perfectly is *Ipomoea alba*, aptly named the Moonflower vine. This annual climber is a close cousin of the Morning Glory (*Ipomoea* spp). It can grow a couple of metres high and produces white blooms which open between dusk and twilight. The intense lemon scented fragrance of the flowers is an added bonus. If properly trellised, moonflower vines can be grown in containers and enjoyed on the deck or patio.



Moonflower vine (*Ipomoea alba*) can be grown in containers and enjoyed on the deck or patio.

Another annual favourite is white flowering tobacco (*Nicotiana glauca*). This plant prefers sun but will tolerate partial shade. It can grow up to a metre tall and is especially fragrant, almost jasmine scented, at night. The blooms open in the evening and take on a luminous glow just as other flowers are closing. *N. glauca* can be combined with other white flowering annuals such as Snapdragons (*Antirrhinum*), Cosmos (*Cosmos bipinnatus*) or pale Petunias (*Petunia x hybrida*).



The blooms of *Nicotiana glauca* open in the evening and take on a luminous glow.

Evening Primrose (*Oenothera biennis*), also known as Evening Star, is a perennial that blooms in the late evening. The flowers take less than a minute to open, making it an entertaining plant to watch or photograph. There are quite a few species in the *Oenothera* genus, ranging in size from several centimeters to three metres tall. Most are white, pink or yellow and are hardy to zone 3. Moths are their main pollinators along with some specialty bees. Other perennial plants that will

continued on page 10

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### IN THE GARDEN continued...

Combine these flowering annuals and perennials with foliage plants in ghostly grey or lustrous silver such as Licorice plant (*Helichrysum petiolare*), Artemisia (*Artemisia arborescens*) or Dusty Miller (*Senecio cineraria*). For the backbone of the garden, consider planting flowering shrubs with scented blooms. Summersweet (*Clethra alnifolia* 'Paniculata') is a delightful shrub with fragrant white flower panicles that bloom in July and August.

A moon garden has a life of its own, full of movement, fragrance and enchantment. It can be a restful place to relax in the evening and add extra hours of enjoyment to the summer season.

Lake Simcoe South Master Gardeners provide free gardening advice in York Region.

Send your questions to our gardening hotline at [lss-mastergardeners@gmail.com](mailto:lss-mastergardeners@gmail.com)

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## In the Kitchen

with Moira Sanders

Are you an avid baker? Do your kids love making cookies? Have some fun on Saturday, June 2<sup>nd</sup> by entering the baking competition at the Mount Albert Sports Day Fair! There are new categories and more cash prizes than ever before. If you've never entered baked goods at a country fair, you're in for a treat. And for those of you with a sweet tooth, come and enjoy the auctioning of all of the prize-winning goodies (1:00 pm in the community centre).

In case you are feeling intimidated, I'm giving you the chocolate cake recipe from my cookbook. It's easy, delicious, and always gets rave reviews. Enter it in the "Iced Layer Cake – any flavour" category or turn it into cupcakes that you and your family can all decorate and enter. The recipe below makes about 24 cupcakes baked for 20-25 minutes.

For the complete category list and all of the details, go to [www.mountalbertsportsday.com](http://www.mountalbertsportsday.com) and click on the baking contest link. Hope to see you there!

### Double-Double Chocolate Cake

(used with permission from *The Harrow Fair Cookbook*)

2 cups	all-purpose flour
1 1/4 cups	granulated sugar
1/2 cup	cocoa powder
2 tsp	baking soda
1 tsp	baking powder
1 tsp	fine sea salt
1 cup	buttermilk
1/2 cup	vegetable oil
2	large eggs
1 tsp	pure vanilla extract
2 oz.	bittersweet chocolate
1 cup	hot <i>Tim Horton's</i> Double-Double

Preheat the oven to 350 degrees. Butter and flour two 8-inch round cake pans. Line the bottoms with parchment paper. In a large bowl, sift together the flour, sugar, cocoa, baking soda, baking powder and salt. In a small stainless steel bowl set over a pan of simmering water, melt the chocolate until smooth. Set aside. In the bowl of an electric mixer fitted with the paddle attachment, combine the buttermilk, oil, eggs and vanilla.

With the mixer on low speed, carefully add the dry ingredients to the wet ingredients. With the mixer still on low, add the melted chocolate and the Double-Double coffee and mix just until combined.

Pour the batter into the prepared pans. Bake for 35 minutes, or until a tester comes out clean. Cool the cakes in the pans until they are easy to handle.

Place one layer on a cake platter or pedestal. Spread the top with icing. Place the second layer of cake on top. Spread the icing evenly over the top and sides of the cake.

Serves 8.

### Chocolate Icing

2 oz. bittersweet chocolate  
1 cup unsalted butter, softened  
2 cups sifted icing sugar  
1/4 cup whipping cream



Melt the chocolate in a stainless steel bowl set over a saucepan of simmering water. Once the chocolate has melted, set the bowl aside to cool.

Mix the butter in the bowl of a stand mixer fitted with the whisk attachment. Add the melted chocolate and mix until combined, scraping down the sides with a spatula as needed.

Slowly add the icing sugar to the chocolate mixture. Add the whipping cream. Continue mixing until the icing is smooth and thoroughly combined, about 1 minute.

Use immediately.



*Moira Sanders has made a career of food which gives her inspiration for her local cooking classes, her website [www.moirasanders.com](http://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](mailto:moira@moirasanders.com).*



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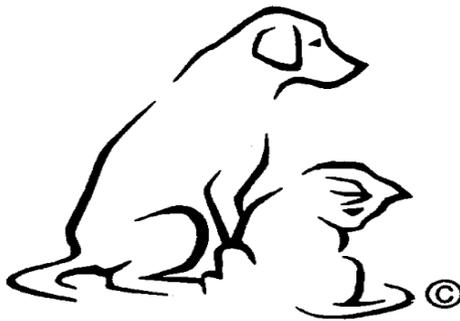
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# EG Skaters Dazzle Sold Out Audience

The East Gwillimbury Skating Club celebrated their 40th Anniversary with their “**Time of My Life**” Ice Show on Saturday, April 21st. The show began as Lee Graham-Sitarz, daughter of the Skating Club’s first president – Peggy Graham, joined Laura Kelly as flag bearer during the singing of *O’ Canada* by Bianca Banjavcic. The audience cheered throughout the show which culminated in a standing ovation.

Senior skaters performed numbers from *I Dreamed a Dream*, *Come Fly with Me*, *Dancing is Everything* and rocked the crowd with Joan Jet. CanSkaters brought animation to life as *Fish Tales*, *Flintstones*, *UP* and *Cars*. The show was creatively choreographed around the club’s 4 Synchronized Skating Teams who skated to Bollywood, Michael Jackson, Pat Benatar and A Wedding.

The crowd was entertained by 4 Gold Soloists – Kelly Lewis, Kelly Fisher, Haley Collinson & Shannon Smith who skated alongside special guest skaters Dustin Sherrif-Clayton & Dylan Conway – the 2012 Canadian Novice Dance Champions and Gabrielle Daleman – the 2012 Canadian Junior National Champion. Ryan Van Natten and Martin Nickel started the show off with an exciting paired dance routine.

The show’s Executive Producer and skating coach – Calista Hassen, was the visionary behind the production and saw it all the way through to show day; coordinating with the coaches and skaters while directing the talent, lighting and audio crews. The fabulous backdrop of props were the creation of Dale Galbraith and his volunteer crew and the evening was illuminated with the creative lighting of Edwin Allen Productions.

If you missed the show; there’s still one more chance to see our EG skaters this year at the official opening of the Sports Complex on May 27th as Shiver performs their Silver Medal synchronized skating performance.

## Men In Black – Thanks for a Superb Performance!

Volunteers understand that a lot can be accomplished if nobody seeks recognition or attention. The unique role of our Skating Carnival Prop Boys was to perform their duties without being seen or heard. If they completed their covert operation correctly – you should never have known that our ‘Men in Black’ were there....but they were present...and they were:

Josh Kelly, Steven Maleki, Keiran Charnock, Adam Smith, Michael Nordine, Carter Robertson, Mitchell Robertson, Zach Strickwood, Matt Stolte, Kevin Hollingworth, Owen Smith, Mike Soden, Danny Hunter and Jamie Mott.

To all the volunteers who made it happen – thanks - you help make our community a better place to live.



# EAST GWILLIMBURY

## HARD WORK EARNS TOP RESULTS

Submitted by Cindy Wackett

He's has always been active in many sports growing up in East Gwillimbury through his elementary school teams at Mount Albert P.S., the Eagles Hockey and the Talon's Rep Soccer programs, and more recently Curtis Wackett plays for the Newmarket United Soccer Club, and Markham Stingers Rep Volleyball.

His early exposure to track and field had been during elementary school meets at which he was successful at both area and Regional levels. He's always enjoyed the sport and for the past two years, longed to join a track club. As he participated in both Rep hockey and soccer for East Gwillimbury and with no track clubs nearby that practiced field events, a new sport couldn't be squeezed in. However, in 2010, Curtis joined the Centro Scuola Track and Field Club based out of the Toronto Track and Field Centre located at York University. Curtis had been researching "best" clubs after he met a track athlete. His desire and motivation was so strong, and his family's support through this transition, Curtis went to his first club tryout and confirmed his passion. Attending every practice from then on (with the exception of family holidays) and not missing one Fitness-4-Success practice while the TTFC roof was under reconstruction for 2 months (after a fire in 2010), Curtis persisted in training for running events while his true desire was to perform triple jump. Getting up the courage to ask his Coach when he might be able to try practicing triple jump, – Curtis attended his first meet last year in triple jump and placed second with a jump of 11.07 metres at the *Bulletin's Indoor Games* held at York U-TTFC. He placed second again with a jump of 10.63 metres at the *Athletics Ontario* meet at TTFC last March. Both meets of which Curtis was a Midget boy jumping against Youth boys (15-16 year olds). Extremely proud of his results, Curtis continued to train hard and on April 2, 2011 at the MTA David McKendrick Indoor Provincial Championships at TTFC, Curtis became an indoor track and field Provincial Champion taking home the Gold with a jump of 11.20 metres. In 2011, Curtis was ranked 7th in Ontario of the 2011 indoor track and field meets for 14-15 year old boys born 1996 and 1997, only at the age of 13 and would have been ranked first of the 1997 aged boys competing.

Curtis was accepted to start Grade 9 last fall at Bill Crothers Secondary School in Markham for his athletic abilities and commitment to a lifetime of physical activity and healthy living. He continued to train for track and field throughout the summer and fall of 2011. In February, Curtis placed first in triple jump (11.99 m) at the Royal Canadian Legion meet. As a result, he was selected to compete for Team Ontario on Saturday, February 18, 2012, placing first with a jump of 11.67 m and also ran in the 200m relay. With the cumulative scores from



# ATHLETES

all track and field events, Curtis contributed to Team Ontario's Gold medal in the provincial meet against Quebec at York University.

Curtis continues to play rep soccer in the summer for Newmarket United, and plays rep volleyball for the Markham Stingers. His volleyball team recently won a gold medal at an OVA Indoor volleyball tournament and will be competing in the Provincials in Kitchener and the National's in Toronto this month.

In the future? Short-term Curtis has his eyes set on competing at OFSAA in Track and Field during his high-school years and training for decathlon. His career insights at this point take him to architecture (building a new national volleyball facility in northern York Region), highschool gym teacher, university track coach, and volunteering to coach at a track and field club, mentored by his Centro Scuola Track and Field Coach Phil Riddell.

## Panthers Take First Place

The Park Avenue Public School Cheerleading team (The "Panthers"), took first place in the Ontario Cheer Federation (OCF) Provincial Championships last month. The two day competition 4/21 - 4/22 was held at the Hershey Centre in Mississauga. Park went in as Regional Champs and held off other public schools from the province to take first place in the "Public School All Girl Division". The team consists of 25+ local area girls ranging in ages from 8-14. Congratulations to the team!

## 2012 Allen Albright Recipient



This award is given out to one player in the EGMH's Novice Division each year. This year it was: Paige Fintelman, Age 9, East Gwillimbury Novice House League Division

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- A**- Adherence to Rules and Fair Play
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**Thanks for all the entries our readers have sent... please forward any stories to [egbulletin@rogers.com](mailto:egbulletin@rogers.com) or [osmith@dundeewealth.com](mailto:osmith@dundeewealth.com)**

## DECORATING

# Staging with Pets:

By Susan Crema-Martin

As we know, many of us own pets and they are an important part of any family. However, when it comes to selling your home, potential buyers may not be as impressed by the presence or smell of a pet. Statistics say that 74 million dogs are owned by only 40% of the population, therefore 60% of the population are not dog owners. Many other pets such as iguanas, snakes, spiders or even rats can make a buyer fearful, therefore the added stress is not recommended when buyers are interested in viewing your home.

Over the past 5 years, I have come across many situations where I have had conversations with clients about their pets. This can be a sensitive issue and an extra burden to take on when selling a property, however I feel it is an important issue that needs to be addressed.

Strategies to make your move as stress free as possible are:

1. Odours can break a sale; shampoo carpets, replace if required.
2. Clean upholstered furniture if necessary (buyers may have allergies).
3. Vacuum property frequently to pick up hair balls if required.
4. Hide the food dishes, gates and toy bins before showings.
5. Clean litter boxes daily; keep them out of sight.
6. If possible, take your pet with you during showings. It will be less stressful on your animal to be left behind to be with strangers and also fearful for potential buyers to encounter an animal they may be afraid of or allergic too.
7. Clean up the backyard if necessary.
8. Fish - keep the tank clean and tidy.
9. Birds - keep their cages clean, cover the cage during showings.

While marketing your property, the aim is to maintain your home as if pets do not live there. It may seem like a lot of work at this point, however a quick sale will be well worth your efforts.

*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](mailto:info@thebulletinmagazine.com)*



# HORT HAPPENINGS



## May News By Anne Hill

How is your garden looking? It is sad to see that most of the magnolia trees did lose their buds when the weather turned cold after that unseasonably warm spell. No doubt some will produce a few blossoms later in the year; often they seem to surprise us with a few in July, but we won't have the usual glorious spring display.

I had some unexpected losses in the garden over the winter, probably because of the lack of snow. While we hate to see the old familiar plants disappear it does make room to try something new! I hope you have Saturday May 26th marked on your calendar, that's the date of East Gwillimbury Gardeners' Spring Plant Sale. It's held at Mount Albert Community Centre, 53 Main Street from 10a.m. to noon. There will be knowledgeable gardeners to answer your questions. It's always advisable to arrive early as the plants often sell out fast. This is our major fund-raiser for the year and helps to support our community gardens and monthly programs

As well as the plants from our own gardens we will be selling selected nursery plants carefully chosen to do well in this area. Last year the "Special Plants" table was popular so we will again have some connoisseur plants for the adventurous gardeners. The bake table always has delicious treats for sale too, and the Junior Gardeners will be selling their tomato plants, herbs and other plants. In commemoration of the War of 1812 and in honour of the Loyalists who gave their lives in that war we will include red annual geraniums at this year's plant sale. We'll be planting them in our community gardens too.

On May 15th (7:30 p.m. Mount Albert Community Centre) Donna McMaster will be talking about the many varieties of clematis and their care. As well as the familiar beauties which grow on trellises there are many other interesting and attractive forms of clematis. Donna will be able to answer your questions about pruning. We will have our first flower show of the year at this meeting. The junior gardeners will be planting their bed at the Millennium Garden.

The Weed of the Month is garlic mustard which looks quite attractive now with its bright green rosettes of leaves but it will grow taller, have white flowers and produce thousands of seeds, choking out other plants and destroying hedgerows and damp places. It needs to be dug out now, before it produces flowers! Do not compost it in your garden compost.

It's not too soon to start sprucing up your front garden for this year's Thumbs Up awards. Our team of Thumbs Up judges will be driving around East Gwillimbury at the end of June or early July to award 50 front gardens with the coveted signs

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

Happy Gardening!

May 2012

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# Preparing for a Personal Best Run at the Mount Albert Sports Day 5km Run/Walk

By Jen Mark BSc., CAT(C), CSCS, Co-Race Director

Running a 5k race well has merit in its own right. If you want to reach a personal best time and really conquer the 5k distance, you need to train speed. The 5k is a unique race because it is farther than the mile yet is much shorter than a marathon. The 5k is considered a "middle distance" race, therefore speed is a big factor. Ideally, you should have a faster pace in a 5k than you do for a marathon.

There are various forms of working on your speed, they all have great benefits, and they all have their specific purpose. The easiest way to work on your speed is to time your weekly runs. Your longest run of the week should be fairly easy, but the other runs are meant to keep you fit and speedy. Try to run your weekly runs faster than the week before.

For interval training find a local high school track and do your whole work out there. You need to begin with a warm up, typically a 10 minute jog and dynamic stretching, then begins the fun! When training for a 5k run, you can do repeats of 800 and 400 meters to teach you to turn over your legs faster. Try 4x800m then 2x400m. With your warm up and cool down jog that will be around 5k worth of running. Your pace should be race pace. If you want to run faster than 30 minutes you should do your 800m repeats in 4:43. Your 400m repeats should be in 2:21. Get the idea? This will give you a race pace of 5:54min/km and your finishing time will be 29:30. You can give yourself a rest period of one to two minutes depending on how fast you plan on running.

Likely the most popular form of speed work is the fartlek, which is Swedish for "speed play". It's a fancy word that runners use to confuse other athletes. Do your 10 minute warm up, then begin to "play" with your speed. My favourite is: 3 minutes hard (a little faster than race pace) followed by 3 minutes of your usual long run pace. Two

minutes hard, two minutes regular pace. One minute hard, one minute regular pace. Then repeat the latter back up – 1:1, 2:2, 3:3 – end this with your 10 min cool down jog. Fartleks teach you to adjust your pace, in case you need to slow down or speed while in the race. This training will also help your finishing kick, so that you can throw your hands into the air with a huge smile on your face!

Even if you're not training for the Olympics, even if you're at the top of the age categories, or have never raced before, you will find fun and accomplishment in this process. Having the confidence to run well makes all the difference.

Mount Albert Sports Day 5km Run/Walk is June 2, 2012 at 8:30am <http://mountalbertsportsday5k.ca>

# Golden Anchor Seniors Club

Email: [goldenanchorseniorsclub@yahoo.ca](mailto:goldenanchorseniorsclub@yahoo.ca)

LOCATION: Holland Landing Community Centre - 19513 Yonge St., Holland Landing

DATE	ACTIVITY	LOCATION	START	END
Monday	Bid Euchre September to June - Held every Monday	Golden Anchor Room	1:00pm	3:30pm
			7:00pm	9:30pm
Tuesday	Hi/Lo Bid Euchre	Golden Anchor Room	1:30pm	4:00pm
	Progressive Euchre		7:00pm	9:30pm
Wednesday	Pot Luck Lunch - 2nd Wednesday each month excluding June, July & August	Golden Anchor Room/ Kitchen	11:30am	12:30pm
	General Meeting - 2nd Wed. each month	Golden Anchor Room	12:30pm	1:00pm
	Bid Euchre		1:00pm	3:30pm
Friday	Carpet Bowling	Golden Anchor Room	1:00pm	3:30pm

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# Circles:

## The Songs of a Small Town

By Vicki Pinkerton

Music. It is in us. Our hearts beat a rhythm, our circulation systems harmonize, our fingers snap and our toes tap. Day becomes night, streams flow, birds sing as our whole world sways in time. We are perfectly constructed to be a part of the music around us. There are studies that say music helps dementia patients focus, calms anxiety, lessens pain and ups our mood when we need a lift. I have even heard it said that singing with a choir is as good as medication to help depression patients. We are geared to hearing music and at certain moments we find it in the laughter of children, the wind in the trees and the swish of cars driving by on the street.

Driving across the country I found whole communities built on instruments and singing. It was wonderful. It brought to mind my teenage years; a time in my life that music was almost as important to me as reading or breathing. I couldn't put my finger on it but at some point my life became more complicated, I had become more interested in talk radio and my headsets didn't have the same rhythm. Heading home, I had a realization. I could no longer live without a good solid daily dose of music. I made a pledge to reach out and bring more music into my parched existence. My first step was to raid my son's mp3 player. Then I began to hold monthly house concerts, entertaining friends and some of the best folk and roots singers in the country. Wahoo! I can now tell you just having a musician tuning up in your family room while you cook dinner adds a whole new dimension to the act of preparing a meal. Having a monthly musical boost made me restless and I began to look around for events that didn't have me running around looking for over priced parking in Toronto. What I found was a rich musical community growing right here in our town.

I talked to East Gwillimbury resident, David Rankine, artist and member of several groups including the 'Appalachian Trance Project.' He sees music an integral part of community development and growth. When we

spoke he said, "Music, like storytelling is how a community reinforces its own reality. The more we all express ourselves creatively, the stronger our communities." Even as someone who has not demonstrated a shred of musical talent, I can feel the bond of an audience glowing from the residue of a great performance. We all seem to have the same urge to be a part of the universal rhythm.

Are you getting your musical fix? I am not asking just to get you out supporting our local artists but listening to music in our community will help you get to know your parents, kids and neighbours. It will bring you an awareness of what is going on in town and will give your imagination and creative juices a great big spike and who can't use that in today's world?

Summer is coming and local musicians will be getting out there and strutting their stuff. Here are a few places to look:

Check out *Music in the Civic Square* in Sharon. You are invited to bring your family and friends to the Civic Centre to enjoy a variety of free musical performances. Bring your lawn chairs and be prepared for evenings of fun all summer. You can find more information at [www.eastgwillimbury.ca](http://www.eastgwillimbury.ca)

Don't forget, there will be concerts at the Sharon Temple throughout the warmer months. They have various classical artists booked all summer in the Temple as well as local groups at the Temperance Hall. [www.sharontemple.ca](http://www.sharontemple.ca)

If you are lucky, you might just stumble onto concerts where you don't expect them. The East Gwillimbury Farmers' Market in the Civic Square in Sharon every Saturday morning from May 6th to October 20th will feature different performers almost every week this summer to make your outdoor shopping experience even more fabulous than ever.

May 2012

You might also check out the eating establishments around town. The Prince Albert Pub, The Roast of Sharon and the Ladle Restaurant (just to name a few) often have more than just food dancing on the plates on a Saturday night.

Don't forget to watch for house concerts which are a huge musical wave sweeping the cultural landscape. Ordinary people open up their homes for artistic experiences of all kinds. In the past year I have attended an art show, a story telling evening and musical events all in the intimacy of living and family rooms. It is a great chance to really connect with the artists and to be involved in the conversations and occasional jam sessions that follow.

While you are looking in the family rooms and living rooms around town, don't forget to lean your ear toward the basements and garages of your neighbours. There are garage bands and basement jams on every block. These are often private events but if you get invited you will find creative energy at its peak.

I know that I have just scratched the surface but, in fact, there is musical artistry on every corner of this town. The more we support it, the bigger it will get and the more we will all benefit. So grab your kids, your instruments and the melody in your heart to participate either on the stage or in the audience. Your community will thank you for it.

Hotel California "Eagles Tribute Band", plays at Civic Square Tuesday, August 23, 2012 at 7:00pm in Sharon.



*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](http://www.questacrosscanada.com) or [lifelinescoaching.org](http://lifelinescoaching.org)*

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# Ontario Trillium Benefit

What's that you ask? A major mistake by our minister of finance Dwight Duncan (Lib) and his premier Dalton McGuinty (Lib) is the answer. In a move of monumental stupidity your Ontario government introduced a change to the way your tax refunds are processed and did not think you would mind and therefore did not tell anyone about it. It took CTV news to break the story. Our vigilant opposition (Con) seems to have been asleep also. I emailed my MPP and got neither acknowledgement nor reply. This utter disdain for voters might explain voter disgust and cynicism and may go some way to explaining why so few turn out to vote. Perhaps it is time for the revolution – let's dump them all!

It's OK for fat-cat politicians with their big salaries and expense accounts (not to mention massive pensions) but they must have got really out of touch with their constituents for a change like this to pass in the legislature without even a whimper. We have seen so many lower income Ontarians and seniors affected by this move and none of them knew it was coming. Many seniors exist on very little other than CPP and OAS. Ironically these are the major suppliers of funds for charities who will be seeing a major hit to their funding when the current batch of 70+ citizens pass on. The majority of those under 70 just do not seem to donate to charities. But I digress.

In a move Duncan tried to sell as "helping lower income Ontarians to budget more effectively" (what arrogance!) the Liberal party has created a massive expense for taxpayers at a time when they are preaching austerity (what hypocrisy!). So what is the fuss about?

Previously, Seniors and lower income Ontarians might benefit from three Ontario Credits:

- Ontario Sales Tax Credit
- Ontario Energy and Property Tax Credit, and
- Northern Ontario Energy Credit

A person eligible for these credits would have funds paid to them with their tax refund by Canada Revenue

Agency (CRA) at the time of assessment. No doubt CRA charged Ontario a fee for administration of their program. Duncan and his Liberal friends have decided to hold onto your money in order to help you. They will only start to pay out funds from July first. Not only have they delayed sending out money people depended on and were looking forward to getting, they have decided they will divide the total amount (all programs have been rolled into a new one called Ontario Trillium Benefit) by 12 and send out monthly cheques over the 12 months beginning July 1, 2012.

Did nobody question the cost of envelopes, postage and administration associated with this move? Obviously nobody stopped to evaluate the human cost. Duncan said in his CTV interview, "I didn't think anyone would mind". Worst of all they did not tell taxpayers they were doing this. This has left many seniors, puzzled and confused and some extremely angry. With reason.

It is a typically cynical move by political parties in power. When bankrupt for ideas you take a perfectly good and well-understood program or programs, reinvent them and give them a new name. Regardless of the cost of rebranding, new pamphlets, brochures, new policies and procedures and never mind the people who elected them. Did our opposition parties take issue with the costs involved? I heard nothing about it and my MPP does not seem interested.

What will we the people do about it? Nothing I guess. You get the government you deserve. Having made all these changes Duncan has said that next year, if people want their money right away they can ask for it. A clear admission he screwed up – what a waste of time and money. I wonder if anybody will tell Dwight that it's ok for him to hang on to their cash. I wonder if Dwight's party will still be in power.



*Ian and Dorothy Hawkins own and operate Mount Albert Tax Company and Holland Landing Tax Company –the LOW-COST providers of professional tax services.*



# It's rhubarb time in EG! Got some?

Then get baking...we've got a contest. And you're invited to join in! Check out the details on our website [www.eastgwillimburyfarmersmarket.ca](http://www.eastgwillimburyfarmersmarket.ca)

**Opening Day at the East Gwillimbury Farmers' Market, Saturday May 26, 2012 from 8 am to 1 pm...We're at the Civic Centre – 19000 Leslie St at Mt. Albert Road. Fun stuff for the kids, great stuff for Mom and Dad...So come on out to the market and get fresh!**



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## Complete Care @ 473-HAIR



As of June 1, 2012 the salon will change ownership and I am pleased to announce that Krystal Dymond will be the new owner.

Krystal and I have been working together to make this transition as easy as possible for existing clients. I am no longer at the salon on Tuesdays, so Krystal can get her staff acquainted with customers. May 31, will be my last day.

Krystal has a fresh and energetic outlook to bring to the salon with longer hours and more staff, which will help accommodate our growing town.

To my existing clients,

Some of you I have seen for almost thirty years, and in that time shared a lot together, births, weddings, deaths, and let's not forget laughter. As a lot of you already know Bill and I long to move north and we have decided that this is the right time to start that journey.

It has been a pleasure being a part of all your lives.

Thanks for all the memories,  
 Bonny McDonald,  
 "Gone Fishing!"



Town of  
**East Gwillimbury**

*As part of the Multimedia Film Festival of York Region, the Town of East Gwillimbury will be hosting a night of short films.*

*The multimedia film festival council has received submissions from all over York Region. Films selections have been made and will be viewed in the surrounding nine municipalities. The Town of East Gwillimbury is proud to be part of this event and to provide an opportunity to showcase York Region talent.*

**May 17, 2012**  
 7:00 p.m. – 9:00 p.m.  
 East Gwillimbury Civic Centre.  
 Cost: \$6.00 Tickets available early May



*For more information on details or tickets please call: 905-478-3820  
 Or visit the Multimedia website at <http://www.yorkregionfilmfestival.com>*



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# THROUGH THE HAYES

My name is John Hayes and my wife, Julia, and I own and operate Blackwater Golf on Highway #48. We are open and the greens are in good condition. The course is dry and carts are permitted. **PLEASE TAKE NOTE OF OUR 9 FOR 9 BEFORE 9 SENIOR SPECIAL (55+) WEEKDAYS FOR THE WHOLE SEASON.** Our junior course is also open – 6 short holes, 75 to 160 yards for parent and child 10 and under. \$15.00 includes both players.

Our topic this month is based on solutions. In chemistry a solution is a mixture of a substance (solute) dissolved in another substance (solvent) In political speak; it's couching the wording to achieve the minimal reaction from the electorate.....

Strangely enough, last week the UYSS (Upper York Sewage Solution) presented its new plan to process the added wastewater, which will be generated from East Gwillimbury's anticipated growth and to handle the unanticipated costs and delays to the York Durham big pipe. (as per the Plan Revision 1,2,3,4,5,6, and so on and so on). It appears that this pipe would have to be tunneled through the Oak Ridges Moraine and untold numbers of aquifers will be disturbed – oops!!!!!!

Wording is really important, as the new "Lake Simcoe Water Reclamation Centre" has been shortlisted for Queensville. The residents of Queensville must be pleased. You don't get shortlisted for a Water Reclamation Centre too often... Hold on though... On checking further this means a sewage plant.....maybe not so pleased. Wording can sure smell – can't it!!!!!!

Adding to the indignity is that the transparency process outlining how they shortlisted Queensville is just "not available"..... Maybe it was selected because of the small local opposition; the closeness to the new 404 access.....It's not that it is close to Lake Simcoe nor is it close to the East Holland River, or perhaps Queensville is on a hill.....who knows!

What I do know is that processing water through a state of the art facility will be fraught with a host of teething problems. Not to mention – 1) how will they control the smell? 2) What about the water quality? – while it's fine to say "it will meet MOE's guidelines for dumping into the Lake Simcoe watershed, how will the new membrane technology handle stormwater surges? 3) Water potability - evidently none of these engineers will ever consider drinking this "solution" 4) Just what are they going to do with the solid stuff and where are they going to shove it? Finally, 5) How does this all jive with the (new?) Official Plan /section 7.3.3.4 which states "No new Municipal Sewage Treatment Plant shall be established in the Lake Simcoe Watershed unless (a) it replaces an existing one or to provide treatment for upgrading partial services or to replace a failing system."

Ok, I would sure like to see someone be straight with us. How come the process was sped up? How exactly did 21 proposed sites in December 2011 get winnowed down to 4 (all in Queensville) in March. Come on!!!! What in Heaven's name is the real solution.....

That's all for now. Please feel free to contact me at Blackwater Golf 905 473 6684 or [contact@blackwater-gc.ca](mailto:contact@blackwater-gc.ca) No rude emails or I can't forward them.....

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