

East Gwillimbury's

November 2013, VOL. 15, NO. 9
Since 1998

Bulletin

MAGAZINE

Liberation Tour



Read Circles... page 26

HOME • GARDEN • COMMUNITY • EVENTS

HOLLAND LANDING, SHARON, QUEENSVILLE, MOUNT ALBERT & SURROUNDING AREA

The Mount Albert Lions

SANTA CLAUS PARADE

is coming soon!

Saturday, December 7, 2013 at 11 am SHARP

Come and meet with Santa at the Mount Albert Community Centre following the parade. There will be hot dogs and hot chocolate for all, candy and entertainment for the kids.



Christmas Food Drive

**A non-perishable food item would be greatly appreciated.
Donations will be collected during the parade.**



*Have yourself
a holly jolly
Christmas!*

For parade information call:

Trish - 905-478-8863, or Stan - 905-473-7464

Fight Fraud and Protect Your Finances

National Senior Safety Week • November 6 - 12, 2013

Fraud is a crime. It has many forms, and can happen to anyone.

From romance scams to free vacations ploys and too-good-to-be-true investment opportunities, the common thread is that fraud involves deception and stealing something of value from someone else. It is estimated that fraud costs Canadians more than \$10 billion annually, according to the RCMP. That works out to about \$300 per Canadian every year!

Financial fraudsters target senior Canadians for many reasons. Seniors are more likely to have excellent credit, making them attractive victims; they tend to be trusting and generous, attributes the bad guys take advantage of; they may have a harder time understanding and using newer technology, making them vulnerable online; and they may struggle with memory and providing detailed descriptions if they are defrauded. Further, because of shame or embarrassment, seniors are not likely to speak up when fraud happens to them.

This National Senior Safety Week, from November 6 to 12, the Canada Safety Council encourages seniors, their trusted family members and caretakers to talk about preventing financial fraud and what to do if it happens to them. It is pertinent that seniors protect their identity, privacy and information to minimize the risk of having their financial resources stolen or their credit history and reputation compromised.

Prevention Tips

Keep your personal financial information safe. Never provide your bank account or credit card numbers over the phone or Internet, or by email. Do not share your personal identification numbers (PINs) or online banking passwords with anyone – not even family members or close friends. Do not give out your social insurance number by email, over the phone or online, or when making a purchase.

Continued on page 11



The Little House Studio
Christmas Open House

Saturday November 30th
Sunday December 1st
(10am – 4pm both days)

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NOVEMBER 2013, VOL. 15, NO. 9



East Gwillimbury's **Bulletin** MAGAZINE Since 1998

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Master Gardeners Advice-Line

Free email help-line for home gardeners. Advice and education for home gardeners by certified horticultural volunteers. Contact yorkmastergardener@gmail.com



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Contributors: Anne Hill, Susan Crema-Martin, Vicki Pinkerton, Raymond Mark, Cathy Morton, Brandy McCarthy

DECEMBER EDITORIAL AND ADVERTISING DEADLINE: November 19th, 2013.



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*



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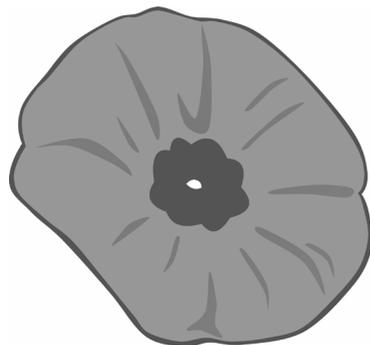
Crashed Hard Drive Recovery and Restoration
Network Setup and Troubleshooting

Business and Residential Service

LAPEL POPPIES

The lapel Poppies that are worn in Canada today were first made, beginning in 1922, by disabled Veterans under the sponsorship of the Department of Soldiers Civil Re-establishment. Until 1996, Poppy material was made at the "Vetcraft" sheltered workshops run by Veterans Affairs Canada in Montreal and Toronto. The work provided a small source of income for disabled Veterans and their families, allowing them to take an active part in maintaining the tradition of Remembrance.

When it no longer became practical for Veterans Affairs Canada to maintain the "Vetcraft" operations, the Legion volunteered to take on the continuing responsibility for the production of Poppies. In so doing, Dominion Command has awarded a production contract to a Canadian company to produce the Poppies. All operations are conducted under strict Legion control and oversight.



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What's On



SCOUTING NEWS:

www.slsareascouts.org

South Lake Simcoe Area Scouts (SLS) is one of seven areas that comprise Ontario's Shining Waters Council within the Scouts Canada family. On their website you will find information of interest to SLS Scouters, youth and parents alike in Aurora, Newmarket, East Gwillimbury, Georgina, Bradford and Ballantrae.

Every Monday and Wednesday Holland Landing Storybook House

A free resource centre for families/caregivers with children from birth to 5 years of age. Join us for socialization, stories, songs, fingerplays, waterplay, playdough, music and movement. 930 a.m. – 11:30 a.m. at Holland Landing Public School, 16 Holland River Blvd., Holland Landing. 905-836-8916. Closed school holidays and July/August.

Every Wednesday of the Month Self Employment Benefit (OSEB) Program

The Ontario Self Employment Benefit program helps eligible, unemployed individuals to start their own business. To learn more or to register for a session call 905-952-0981. Job Skills, 17915 Leslie Street. www.jobskills.org

**Every 3rd Thursday of the Month
H.L.. Country & Western Jamboree**
Holland Landing Community Centre.
7 pm to 11 pm. All are welcome.
Jacquie or Walt at 905-473-7072 for info.

**Every Thursday Evening
Mount Albert Legion DARTS**
beginning @ 7 pm.

**Every Friday Evening
Mount Albert Legion SNOOKER**
beginning @ 7pm.
31 Princess Street, Mount Albert

**Saturday, November 9
East Gwillimbury Trail Walk**
9:00 a.m. Special Walk for Dogs
Meet at Boag Rd., 100 meters west of Leslie St. Please leash your dog. All participants will receive a doggy treat bag from Pet Value. East Gwillimbury Trails hold a walk at 9 AM on the second Saturday of the month year round.

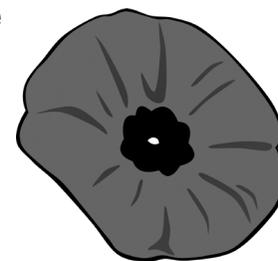
**Sunday, November 10
Christmas Card Making Workshop**
with Ann Bennington
Learn how to create your own greeting cards using embossing and die-cut techniques. Cost \$6 (all supplies are provided); maximum: 10
1:00-2:30 pm., at the East Gwillimbury Public Library, Holland Landing branch, 19513 Yonge St. Call 905-836-6492 to register.

**Sunday, November 10
Writer's Community of York Region**
Luncheon meeting 12:30 - 3:30 p.m.
Featuring fiction writer Susanna

Kearsley. Newmarket Community Centre and Lions Hall. 200 Doug Duncan Drive. www.wcyork.ca

Monday, November 11 Remembrance Day Service

10:50 AM
Town Hall, 19000 Leslie Street
Light refreshments will be served following the ceremony at the Temperance Hall.
Everyone is welcome.



**Tuesday, November 12
York Simcoe Naturalists Meeting**
7:30 PM . 20 Oak St. River Drive Park
River Drive Park Community Centre
Speaker: Dr Brendon Larson from University of Waterloo on a New Look at Invasive Species. Please lug a mug. www.facebook.com/yorksimcoenaturalists contact us at ysnclub@yahoo.ca

**Wednesday, November 13
Debt Free & Financially Fit**
Holt Free Methodist Church 7:00 p.m.
19198 McCowan Road, just north of Mount Albert Road. In this Free 2-hour seminar you will learn; 1. How to counter the culture of debt 2. A financial 'reality check' 3. A simple way of budgeting 4. How to get out - and stay out - of debt 5. The 7 steps to becoming financially fit.
Contact 905-473-3783.

What's On

Thursday, November 14 and 28 Holiday Knitting: Mittens

Join Melanie Sparks for this 2-day workshop and learn to knit mittens. Bring one set of 6 mm DPN, and receive one 100 gm skein of yarn to complete your project. Take home the free pattern. Just in time for the holiday season! Cost: \$17.

6:00-7:30 pm at the East Gwillimbury Public Library, Mount Albert branch. Call 905-473-2472 to register.

Monday, November 18 Flu Shot Clinic

3:00 p.m. - 7:00 p.m.
Ross Family Complex, Gymnasium
19300 Centre Street

Tuesday, November 19 East Gwillimbury Gardeners

(MOUNT ALBERT GARDEN & HORT SOCIETY): Annual General Meeting and award presentation. 7:00 pm. Speaker, Jeff Mason, whose topic is "Design Twice, Plant Once". Using the right plant in the right place makes for much happier plants. All welcome, visitors pay just \$2. Mount Albert Community Centre, 53 Main St. Refreshments and a friendly group. For more information call 905-478-8450 or visit <http://www.gardenontario.org/mountalbert>

Saturday, November 30 Annual Brunch with Santa

Hosted by the Holland Landing Lions Holland Landing Community Center. 11 am to 1:30 pm, the cost is \$5.00 per person, children under 10 free. tickets available at the door.



Saturday, November 30 Christmas Craft and Jewelry Sale

84 Oakridge Court, Holland Landing
9 a.m. - 2 p.m.

Saturday, November 30 Celebrate St. Andrews Day

at the Mount Albert Legion, 31 Princess Street. Traditional Scottish supper will be served at 6 pm, Tickets \$15.00 per person available at the Legion club room. 905-473-2565 Enjoy the music of Chuck Weafer and his band from 8 pm. Door Prizes

Saturday, December 7 Christmas Carol Sing Breakfast

Get into the holiday spirit with a traditional carol sing in the Temple followed by a hearty breakfast in the Temperance Hall. Trim the tree, deck the halls and have some old fashioned fun! Spaces fill fast, so please call or email us to reserve your tickets. Sharon Temple Museum
18974 Leslie Street,
Sharon
\$15. 9 a.m. to 11 a.m.

Not-for-profit events are free to list in our print edition of The Bulletin. Please visit our website www.TheBulletinMagazine.com and fill in the Submit an Event information.

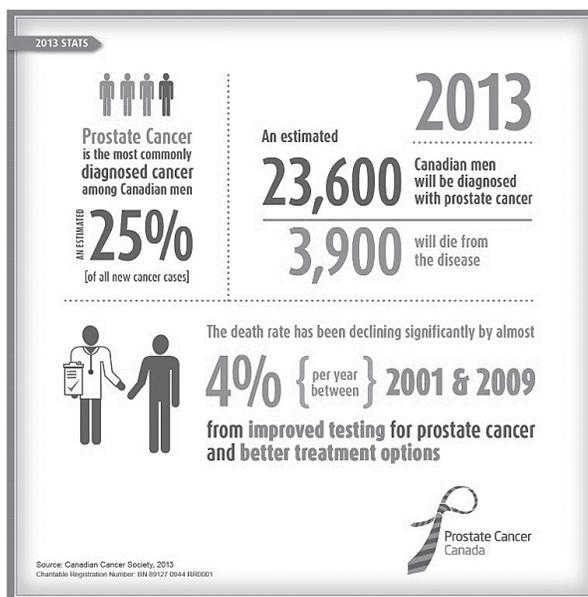
Other event listings have a fee. Contact julie@thebulletinmagazine.com

LOOK FOR OUR NEW FEATURE!

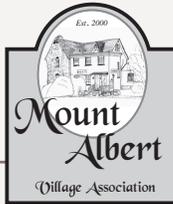
CHURCH NEWS on page 12 in this issue.

All church event listings will have a designated section in each issue...

Provide information through our Submit an Event section on our website before the 20th of each month.



Mount Albert Village Association (MAVA) NEWS



The Mount Albert Village Association held their Annual General Meeting for all members on Wednesday, October 16. Thanks to all the members who showed up for the whirlwind meeting.

As two directors had stepped down recently, two new directors were elected: Andrew Rodney and Anne Wicks.

The meeting was a synopsis of what we have done in the past year, including launching a Battery Recycling Fundraiser and holding the first Community Yard Sale. The first MAVA Fall/Halloween Dance (Sat., October 26th) was also mentioned. It however, had to be cancelled.

- Current Directors: Stephane Deschenes, Janet Wheeler, Aaron Gillard, Darlene Comartin, Kristen Lacey, Kyle Flear, Christine Stewart, Anne Wicks & Andrew Rodney.
- All members are encouraged to volunteer in any aspect of association operations and activities. If you have an idea, don't be afraid to suggest it at a meeting or mention it to a director.
- The new website is live, make sure to check it out. The aim is to be a landing site for residents to find local information and access the business directory highlighting MAVA Business Members. We also wish to include historical information so please forward your stories or photos to web@mountalbert.com.

The Mount Albert Village Association is open to all residents and businesses. There are 3 levels of annual membership; \$10 – perfect for the resident, \$50 & \$100 – geared towards businesses. Details are posted on the website. Enhanced Members may post events on the site Community Calendar.

See you at the next meeting;
Wednesday, November 20 @ 7:00 pm
Mount Albert C.C. (upstairs) - 53 Main Street.

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



Holiday Heroes Food and Toy Drive

November 12 to December 16, 2013

Since the launch of Holiday Heroes in 2008, York Regional Police has raised over \$700,000 in monetary donations, new toys, new children's clothing and food. As always, all donations raised in York Region, stay in York Region! These goals could never have been achieved without the generosity and support from the public!

This year's campaign will run from November 12th to December 16th, 2013. 100% of donations directly support the children from our community who are in need. Our collaborative efforts will provide holiday cheer to the thousands of families who have registered for assistance through the local Salvation Army programs and the York Region Children's Aid Society.

Members of the public can drop off new unwrapped toys, new children's clothing, gift cards or Canadian Tire Money at any York Regional Police facility:

- East Gwillimbury Policing Centre - Main Street, Mount Albert
- #1 District Headquarters - 240 Prospect Street, Newmarket
- #2 District Headquarters - 171 Major Mackenzie Drive West, Richmond Hill
- #3 District Headquarters - 3527 Baseline Road, Sutton
- #4 District Headquarters - 2700 Rutherford Road, Vaughan
- #5 District Headquarters - 8700 McCowan Road, Markham
- Central Services Building - 47 Don Hillock Drive, Aurora

Donations of toys or Canadian Tire money are also being accepted at participating Canadian Tire stores and other local businesses throughout York Region.

First Tourney of the Season for Minor Pee wee A Team



The weekend of September 13-15, 2013 our E.G. Minor Pee Wee A Eagles participated in the Richmond Hill Stars Early Bird tournament. This Eagles group sporting 5 new additions for the season started Friday with a 2-1 loss to Aurora and a 2-2 tie with Uxbridge. Saturday they were facing elimination but responded with a solid 3-1 win against Uxbridge setting up a semi-final against Oakville.

In an exhilarating hard fought game the Eagles scored first in the 2nd period then battled hard the rest of the way to make it stand in a 1-0 win to set up a rematch with Aurora in Sunday's final. Having some penalty trouble to work through, the Eagles were tied 1-1 after 2 periods but a strong Aurora team persevered and took the final 3-1.

A great team showing for the Eagles - strong goal tending and tremendous efforts from ALL players - it should make for an exciting season!!

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www.raymondmarkcounselling.com
Read my blog @ www.raymondmark.wordpress.com

Hort Happenings November 2013

By Anne Hill

What a beautiful autumn this has been. I'm writing this with colourful leaves still on the trees and just the first hint of snow this week. The fall perennials are still blooming and last week I was surprised to find an iris and a daylily in bloom. There are many reasons to leave some of the perennials standing over the winter – they hold the snow and provide shelter for helpful insects and visiting wildlife – but anything which was diseased must be cleaned up thoroughly; irises which may have harboured iris borer for instance, and any plants which suffered badly from mildew.

The critters seem to be making the most of the mild fall; we recently found a cozy nest of baby squirrels in the shed! Mama squirrel moved them out of sight as soon as she knew they'd been discovered. The winter birds will soon be here, do you feed them? If so you may enjoy counting birds for Project Feederwatch www.bsc-eoc.org/pfw.html and The Great Backyard Bird Count www.birdcount.ca/

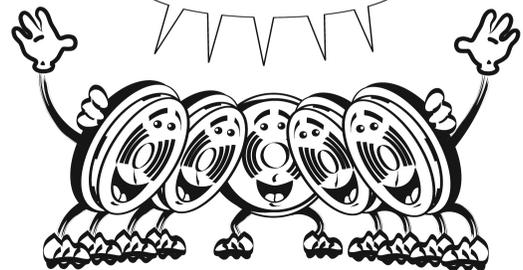
I was fortunate enough to go to Bermuda a couple of weeks ago – what a beautiful island. The water is an amazing turquoise; it was wonderful to swim in a little bay surrounded by tall rock formations with brightly-coloured parrot fish swimming around us. The sand was soft and clean, just a perfect beach. The bus driver who took us on a tour of the island stopped several times to pick various plants for us to see and smell, so we were beguiled with fennel, rosemary, allspice leaves and small “cherries” which looked more like tiny orange tomatoes or pumpkins and had a pleasant tart taste. On reading up about these little fruits we discovered that they are in fact a good (or bad) example of a non-native invasive plant which is harming the local vegetation. They are Sumatran cherries, native to South America and until starlings arrived on Bermuda these cherries were not common enough to be a problem. Smaller birds can't manage the large seeds but once starlings arrived they spread the seeds and these shrubby trees have crowded out native plants and trees. Water is scarce on Bermuda so all the house roofs are designed to catch rain water and funnel it into cisterns under the houses. The white roofs and pastel-coloured houses look lovely. Even the busses are pink! Hedges of oleander and hibiscus provide still more colour.

Back to East Gwillimbury. Our meeting on Tuesday, November 19th at Mount Albert Community Centre is our Annual General Meeting where we kick up our heels a bit, enjoy delicious finger foods and present awards won at our flower shows and photography competition. We have an excellent speaker, Jeff Mason, whose topic is “Design Twice, Plant Once”. Using the right plant in the right place makes for much happier plants. Everyone is welcome; please note our earlier start time for this meeting: 7p.m. This will be our last meeting for this year; we take a break until February so I wish you a healthy and safe winter.

For more information call 905-478-8450, email mtalbert@gardenontario.org visit our website www.gardenontario.org/mountalbert or find us on Facebook at www.facebook.com/eastgwillimburygardeners

**ONE IS NEVER
ENOUGH!**

GO TEAM!



**Install smoke alarms
on every level of your
home and outside every
sleeping area.**



FIGHT FRAUD continued...

If you shop online, shop from reputable retailers and use one credit card to pay for your purchases. This will make it easier to track your transactions and spot suspicious activity. Change this credit card every year.

Do not use free Wi-Fi Internet at coffee shops, for example, to shop or do your banking online. Make sure you are using a secure Internet connection.

Review your credit card and debit statements regularly. If something doesn't look right, contact your financial institution right away.

If you receive paper statements, file them away safely or shred them. Go through your financial paperwork periodically, and shred what you no longer need. Do not throw financial information directly into the garbage; shred it first!

Donate only to reputable charities that you know and trust. Do not donate money to an unknown charity. If you want to donate to specific charities, directly contact them to safely make a donation.

If you think a deal sounds too good to be true, it is. Walk away.

Never rush into a purchase because a salesperson is pressuring you. Take some time to think about the purchase. Be especially wary of apparent door-to-door repair or salespeople, for example, who appear friendly but insist on entering your home or pressuring you to make a purchase. Tell them you need several days to think about it, or choose not to open your door.

When you are out running errands, leave your extra credit and debit cards in a safe place at home. This will help protect you in case you lose your purse or wallet.

If you lose or misplace your debit or credit cards, contact your financial institution as soon as possible. Order your free credit report at least once a year from both credit reporting agencies in Canada: Equifax and TransUnion. Being informed of your credit situation is an important defence in fighting fraud.

If it happens to you

When senior Canadians are defrauded, embarrassment and shame often prevent them from reporting the crime to authorities and to their families; nine in 10 Canadians who are victimized by fraud don't speak to anyone about it, according to the RCMP. But unreported crime is likely to go unpunished, allowing fraudsters more opportunities to victimize even more people. Also, fraud victims are more likely to become repeat targets.

Fraudsters can be hard to spot. They can be strangers, caretakers, business partners or even abusive family members who pile up debt using your name and credit. Financial fraud committed by people close to you is still fraud, and it should be reported to your financial institution and the police.

It is important to recognize that fraud can happen to anyone, regardless of age, income or life experience. If fraud happens to you, break the silence and talk about it. Deal with the incident as soon as you can. Notify your financial institution immediately and call the police to make a report. Contact the Canadian Anti-Fraud Centre at 1-888-495-8501. Keep written records detailing the circumstances of the incident.

Take steps to protect yourself from becoming a repeat target. Learn as much as you can about recognizing scams and safeguarding your information and finances.

Church Events

Wednesday, November 6
TURKEY DINNER with ALL THE TRIMMINGS -
3 Sittings (5,6,7pm)
Tickets: Call Jim/Joan Mortson at 905-478-4734
Queensville Holland Landing United Church
20453 Leslie St., Queensville

Friday, November 8
Mount Albert United Church Turkey Supper
4:30-7:00 pm
Mount Albert Lions Hall
Adults \$17.00
Kids 12 & Under \$7.00
Under 5 - Free

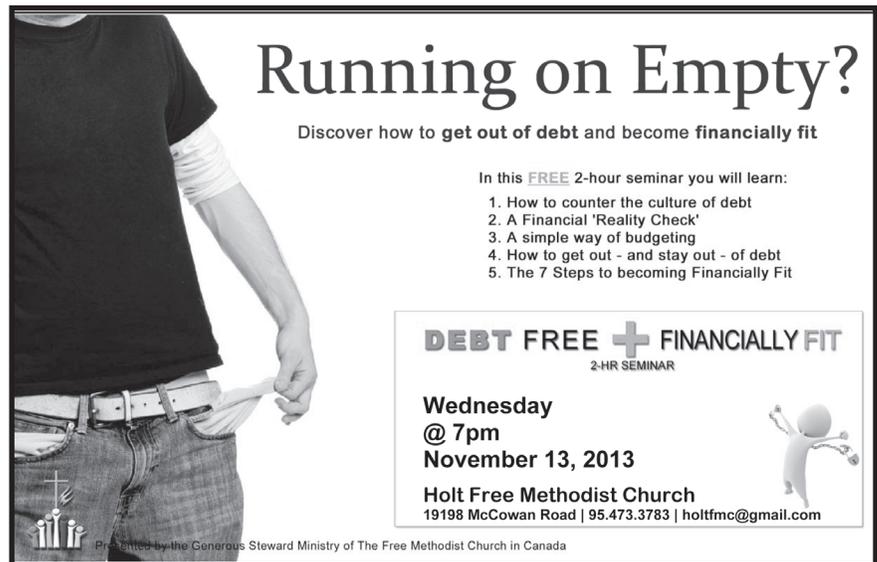
Saturday, November 9
Annual Bazaar
Christ Church, Holland Landing, 66 Olive Street.
11 a.m. to 2 p.m. Baking, crafts, lunch and
used books available. For info call 905 836 7360

Friday, November 15
"An Elvis Gospel Evening"
Christ Church, Holland Landing, 66 Olive Street.
7:30 p.m. Price - Adults - \$15.00
and children - \$10.00.
For tickets call: Marlene - 905 775 3911 or
Joan - 905 836 7360.

Tuesday, November 19
Community Luncheon
11:30am-1:00pm, Continuous Serve
Mount Albert United Church Basement
All proceeds to Florence's Kitchen

NOVEMBER 21 - 24
5th ANNUAL NATIVITY DISPLAY
"Remembering the First Christmas"
Nov 21 & 22 [10 am - 7 pm]
Nov 23 [10 am - 8 pm]
Nov 24 [1 pm - 5 pm]
Queensville Holland Landing United Church
s.kernohan@rogers.com for info
20453 Leslie St. Queensville

Sunday, December 8
2nd Annual Bell Concert
2 pm - 4 pm
Mount Albert United Church



Running on Empty?

Discover how to **get out of debt** and become **financially fit**

In this **FREE** 2-hour seminar you will learn:

1. How to counter the culture of debt
2. A Financial 'Reality Check'
3. A simple way of budgeting
4. How to get out - and stay out - of debt
5. The 7 Steps to becoming Financially Fit

DEBT FREE + FINANCIALLY FIT
2-HR SEMINAR

**Wednesday
@ 7pm
November 13, 2013**

Holt Free Methodist Church
19198 McCowan Road | 95.473.3783 | holtfmc@gmail.com

Presented by the Generous Steward Ministry of The Free Methodist Church in Canada

Keep children safe when ice skating:

- Make sure they always wear a helmet, as the slick ice makes it easy to slip and fall.
- Have them skate in the same direction as everyone else on the ice. Kids who are slower skaters should stick to the sides of the rink, and you should skate with them.
- Make sure that young learners have access to proper support by holding your hand or the railing around the rink.

Next issue: East Gwillimbury's Holiday Public Skating Schedule

Yard Waste Pick-up Days

November 12 - 15

(Dates correspond with your recycling pick up days alternating with your regular garbage days, every two weeks from April to November)

No limit on yard waste placed for collection
A "yard waste" sticker must be placed on the open rigid containers used for yard waste.
Available at the Civic Centre and libraries.

Do not include:

Kitchen Scraps, Grass Clippings, Rocks, dirt, sod, tree stumps, branches larger than 4" in diameter, flower pots/trays, painted or treated wood and animal droppings.

Please Note: Because yard waste is banned from landfills, a single bag of yard waste could result in the entire load being rejected! Rather than throwing your yard waste in the garbage, do your part and separate it out so we can compost it.

Did you know that yard waste (leaves, branches, twigs) makes up over 25% of our waste stream?



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Double Co-Hort: The Secret Ingredient

By Raymond Mark H.B.A., B.S.W.

Double Co-hort, has become a word synonymous with academic stress and competition among students who will graduate concurrently from grades 12. Students caught in this narrow passage are scared, certainly anxious, if not depressed about their future academic prospects. Now is the time for self induced action; prepare yourself and I do not only mean with academic results.

No magic formula, no research required, just look in the mirror. Many students I talk with have one missing ingredient, they do not believe in themselves. Double co-hort has elevated all their hidden self-doubts, their negative feelings, and rattled confidence. Their self-esteem itself is being tested. This is where the secret ingredient steps in as you begin to realize that you have more to sell than your academic numbers. I agree you cannot ignore your marks however in life we have to sell ourselves, promote why we deserve to be given attention. The marks are only the Christmas wrapping the real gift is inside, the inner you. The trappings are dazzling however at some point they have to be laid aside as we get down to work.

If all is equal as to marks between another student and yourself then the college or university has to use other parameters to make its choice. This is where you come in, time to be assertive, time to prove the school would be less of an entity without you and

time to let them know what you can do for them. This is self-esteem and it is time for it to shine. When considering how to prepare for this, take into account the following:

Body: physical well-being and body image

Feelings: emotional self-expression

Mind: positive self-talk and affirmations for self-esteem

Whole Self: personal goals and a sense of accomplishment

You will convince the college or university of your choice that you are the one. Academics is the start, however the finish will come from your inner self, your strong sense of self, your self-esteem. If you do not possess these strengths then begin now to learn how best to acquire them. Reading, courses, counselling may provide the finishing kick you need.

Parents can help by staying calm, motivated and informed. Encourage exploration, discuss finances early and support your children.

One another topic I am now working with palliative care patients. Next month I will give you my thoughts and lessons that we all should consider.



Visiting Author Currently a Finalist for the Governor General's Literary Award

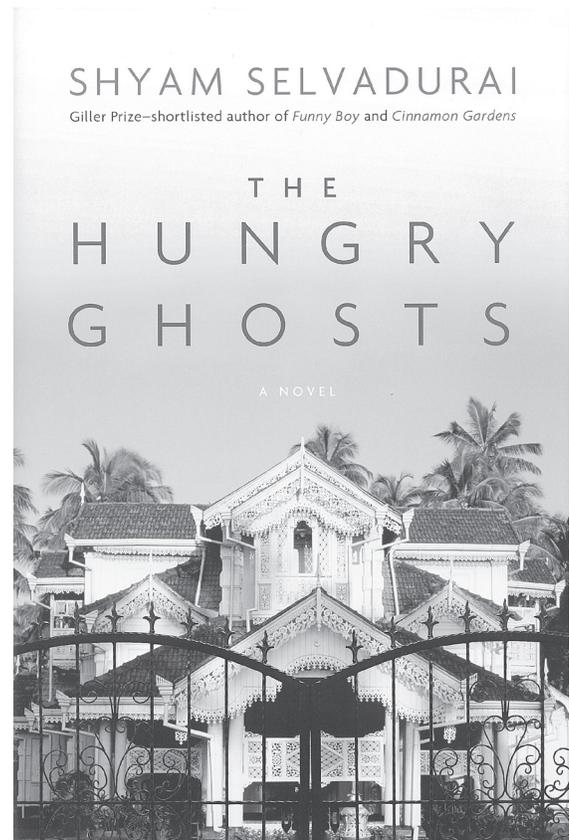
Friends of the East Gwillimbury Library would like to congratulate Shyam Selvadurai whose novel, *The Hungry Ghosts*, has been shortlisted for a Governor General's 2013 Literary Award. We are honoured that he will participate in an author event in Sharon the day after the winner is announced. Meet him on Thursday November 14 at 7:30 pm. He will speak about his nominated book *The Hungry Ghosts* and answer questions. This event is hosted by the Friends of the East Gwillimbury Library.

His latest work, *The Hungry Ghosts*, was published in Canada, India and Sri Lanka. The story shifts between Toronto and war-torn Sri Lanka, his birth place. It tells an intense and absorbing story of one man's restless search for redemption. *The Hungry Ghosts* is a beautifully written, dazzling story of family, wealth and the long reach of the past. It reflects on the power of racial, political and sexual differences to influence the individual and even a whole country.

Shyam Selvadurai also wrote the best-selling novel *Funny Boy*, which was shortlisted for the Giller Prize and won the Books in Canada First Novel Award. He followed this with *Cinnamon Gardens* which was shortlisted for the Trillium Award and sold around the world. He has also written a novel for young adults, *Swimming in the Monsoon Sea*, which was shortlisted for the Governor General's Literary Award.

Selvadurai was born in Colombo, Sri Lanka to a Sinhalese mother and a Tamil father—members of conflicting ethnic groups whose troubles form a major theme in his work. Ethnic riots in 1983 drove the family to emigrate to Canada when Selvadurai was nineteen.

Join us on Thursday November 14 at 7:30 pm at the Civic Centre on Leslie St. in Sharon (beside the Sharon Temple.) Tickets are \$10 (\$8 for members) which includes a reception and book signing. Tickets will be available at the Holland Landing and Mount Albert branches.



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The Mount Albert Village Association has facilitated on October 28, the planting of an approximately 10 foot tall tree on the front grass area at Mount Albert Community Centre Park. The cost of the tree and labour for planting has been generously donated by arborist Iain Pike of Upper Canada Tree Services.

Our intent is to have an annual Christmas Tree Lighting and decorating ceremony in the village of Mount Albert.

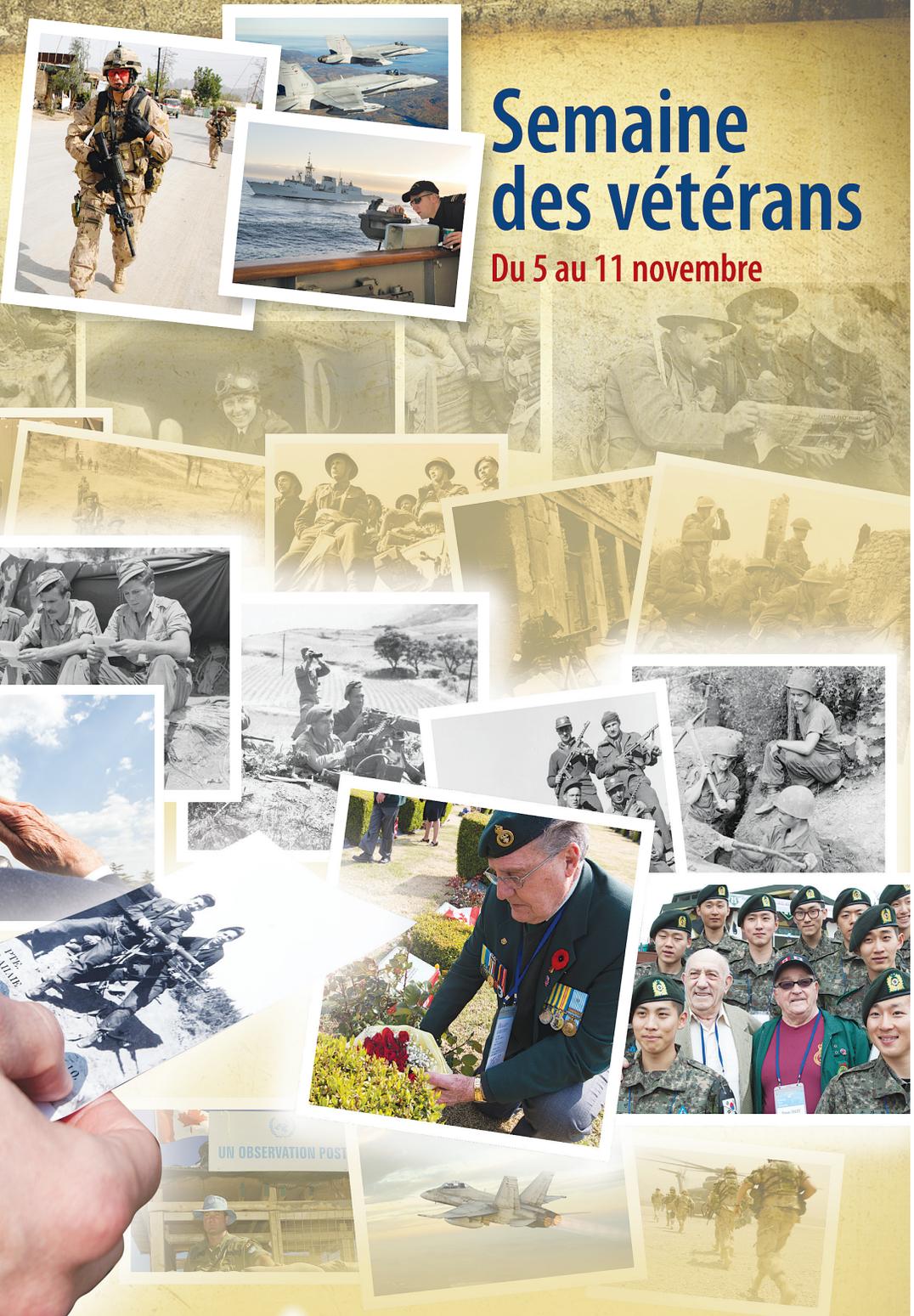


Veterans' Week

November 5 to 11

Semaine des vétérans

Du 5 au 11 novembre



Year of the
Korean War Veteran



Année des vétérans
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Canada

@ Your Library

Grow Into Reading Storytimes: East Gwillimbury Public Library offers free weekly storytimes for babies, toddlers, and preschoolers running until November 21. Participate in fun activities that encourage early literacy development. For information, please visit www.egpl.ca or call the Library at 905-836-6492.

Drama Kids

Ages 3 – 6 Free. Drop In.
Practice new skills through drama games and activities. Join us for puppet show fun!
Holland Landing: Saturday, December 28 at 10:30 am, Holland Landing, 19513 Yonge St. For information call 905-836-6492.

Bee Bop & Dance

Ages 2 – 5 Free. Drop In.
Get moving! This action-packed program is filled with movement for little ones.
Mount Albert: Saturday, November 9 & December 21 at 10:30 am, East Gwillimbury Public Library, Mount Albert, 19300 Centre St. For information call 905-473-2472.

Baby Sign Language

Ages 0 – 12 months. Free. Please register.
Learn the basics of communicating with your baby, such as signs for words like milk, hungry, and play. Presented by The Family Place.
Maximum: 10 participants.
Tuesdays, November 5 – 26 (4-week program) at 10:30 am, East Gwillimbury Public Library, Holland Landing, 19513 Yonge St. For information call 905-836-6492.

Woof Tales: Read to a friendly dog!

This program is for beginning readers or those who want some reading practice. Ages 6 – 10 years. Presented by St. John Ambulance Therapy Dog Program.
Holland Landing: Sat. Nov. 9 @ 10:30 & 11 am

PA Day Program: Hi, Fly Guy!

Ages 6 – 8 years. Cost: \$1 / person.
Please register.
Are you a Fly Guy fan? Join us for games and hands-on activities all about our favourite fly!
Friday, November 15 at 10:30 am,
Mount Albert, 19300 Centre St. For information call 905-473-2472.

PA Day Program: At the Movies

All ages. Donations welcome. Please register.
View the newly-released animated film, *Turbo* (2013).
Rated PG. 90 min. Popcorn and juice served.
Friday, November 15 at 2 pm,
Holland Landing, 19513 Yonge St. For information call 905-836-6492.

Santa Claus Parade – Volunteers Needed

Join the Library at the East Gwillimbury Santa Claus Parade!
Assist with float set up and take down or join our parade march.
Date: Sunday, November 17
Time: 11:30 am for float set up
1:30 pm for parade march
Location: Cedar Street, Holland Landing
To volunteer, please contact Heather at halblas@egpl.ca or at 905-836-6492 ex.105.

The East Gwillimbury Public Library is pleased to offer free computer classes at three locations throughout the Town of East Gwillimbury. For a full schedule of our classes, visit www.egpl.ca. Registration is required for all programs except Tech Tuesdays. To register, call the Holland Landing Branch at 905-836-6492.

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YOUTH AND COMMUNITY INITIATIVES FUND

The Town of East Gwillimbury is committed to helping youth (under age 19), elite athletes and community groups of the Town to participate in various activities and community programs.

To support this commitment, the Town has established a "Youth and Community Initiatives Fund", which is funded through the Mayor & Council Charity Golf Tournament held annually in September.

The purpose of the Youth and Community Initiatives Fund is to provide financial assistance to both individuals and community groups to help them participate in or organize various activities offered throughout the Town.

There are 3 application forms available on the town's website: www.eastgwillimbury.ca

Youth application - for youth under age 19
Community group application - not for profit and charitable organizations
Elite Athletes application- Age 19 or older participating in provincial or national sporting events.

Should you have any questions on the application form or need assistance you may contact the Executive Assistant to Mayor and Council at 905-478-4282 ext. 1276 or email gcasey@eastgwillimbury.ca



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Does Your Diet Need an Upgrade?

If there is one thing that just about everyone I talk to wants to do, it's exercise more and eat better. It's pretty universal that we always want to make self-improvements, but the reality is that most of us don't act on it because we think it's going to mean huge changes. We need to focus on small manageable changes instead, upgrades to what we are already doing instead of a complete diet overhaul. Those little changes can add up and make a huge difference in the long term! Next month Kim will focus on a few fitness upgrades that are easy to sneak into your daily routine, but this month I'm going to teach you how sneaking some simple, healthy changes into your diet can lead to big improvements!

First "upgrade" is bread. Yes, most of us eat this staple every day, many of you eat it a few times a day, so it makes the perfect food to focus on for an upgrade. Most breads, even the ones that sound healthy (whole grain, multi grain etc...) are extremely high in sugar and cause a spike in our blood sugar. In fact, even one slice of whole wheat bread can cause our blood sugar to rise as fast as white sugar! Because most bread is fortified with vitamins and minerals, you do get some nutrition out of it, but to really maximize breads nutritional value you may want to venture into the freezer section! Sprouted grain breads are found in the freezer section of the grocery store (usually the health food frozen section) and are made of whole grains that have been sprouted before turned into bread. This simple process makes the protein content way higher, the sugar content WAY lower and increases the availability of the nutrients. (An added bonus is they don't contain the preservatives that bagged bread on the shelf does) Add in the fact that they are high in fibre and taste great and you really can't lose! The downside to these breads is that they taste better toasted, so you may want to add them in at breakfast as toast instead of a packed sandwich for the kids at first, but it will give you a higher protein start to your day without the sugar crash that often follows!! My favourite are the "Food for Life Ezekiel English Muffins". They come in plain and cinnamon raisin as English muffins or bread. Both are delicious!!

Now that you have a healthier option for toast, what are you going to put on it. Peanut butter is generally a staple on toast in most households, and it's so easy to upgrade! Did you know that both Kraft and Skippy still use hydrogenated oils in their product??!! Yup, that's a source of trans fat and it's still in there! They can say it's trans fat free because the amount in a one serving (a tablespoon) is just below the amount that they legally have to list it, but have two tablespoons and suddenly you are consuming trans fat without realizing it. Very sneaky!! You don't need to go 100% sugar free plain peanut butter to make huge improvements though (most kids resist that change pretty vehemently at first!!), there are several good peanut butters out there that don't use ANY hydrogenated oils and use more natural sugars (regular peanut butter is often sweetened with icing sugar and corn syrup). Maranatha is a great brand that tastes fabulous, your kids won't even know the difference, and you can get it at Costco! Peanut Butter & Co. also makes some amazing peanut butters with flavours like "the bees knees" (PB and honey), and Cinnamon Raisin Swirl. They don't use any hydrogenated oils or high fructose corn syrups and lean towards more natural sugars. Try offering a fun new peanut butter on sprouted grain toast and your kids (and health) will thank you!

So we have two great improvements for breakfast. What about dinner? Potatoes are often on the menu in any households and while they are a natural and healthy food, they do tend to run high in the starch

calorie department. I love potatoes, they have loads of health benefits, but unfortunately they also have loads of calories and are easy to overdo. A favourite of mine are mashed potatoes and they also happen to be really easy to upgrade! Cauliflower, celery root and even turnip are all great mashed and can be enjoyed in place of mashed potatoes, but to keep the flavour and texture of real mashed potatoes, try just replacing up to half of the potatoes with cauliflower or celery root. In fact, you can boil it right in with the potatoes to make it really easy. The end result will be slightly more watery, so don't add any liquid at first until you know you need it. Top them off with some sharp cheddar or real butter and I bet your family won't even notice the change! You can even start smaller and just replace a 1/4 of the potatoes.....every little upgrade counts! By making this change you can cut the calorie content of mashed potatoes almost in half and double the fibre, and you won't be sacrificing taste!

These are three simple upgrades that you can make that can lead to big improvements in your health. I always recommend when making changes to start small. One or two small changes at a time really will make a difference. Once you have adopted those changes as just "what you do", make another change or two. A healthy diet doesn't happen overnight for most people, commit to it and take your time; slow and steady really does win the nutrition race!



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

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A MESSAGE FROM MOUNT ALBERT LEGION:

Submitted by Cathy Morton – President

Membership is the backbone of the Legion . Everything that the Legion does is reliant on the strength of our membership, our connections in our community and our efforts to support our Veterans and their dependants, the Canadian Armed Forces and their families.

The Legion could not deliver the programs and services that we do if it were not for our members. A strong membership is vital to the operation of our branch and the work that we do.

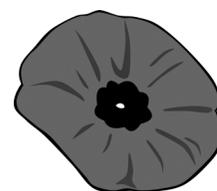
Gone are the days when practically every adult Canadian, and most children, knew what the Legion was all about and what it did and more importantly supported its programs and objectives. Nowadays, at least two generations have grown up without experiencing the horror of war.

While that is a tribute to those who have served there are now literally millions of Canadians who have no appreciation of the concept of sacrifice.

In order that the things the Legion supports, holds dear, and sacrificed for, may like old soldiers fade away unless we continue to grow. Dominion Secretary Brad White writes “ Membership is key to fulfilling our mandate but so too is letting our friends and community members know what we are all about and what we can do.

Mount Albert & District Legion Branch 382 is an active Branch located on Princess Street in Mount Albert. We are a welcoming place where Veterans, members and ALL residents (Member or NOT) can come for support and camaraderie.

We are open six (6) days a week.
Tues-Fri 4 pm – 11 pm
Saturday noon-6 pm and
Sunday noon – 5 pm.



We have snooker on Friday nights, darts on Thursdays, 2 shuffleboard tables. Come out and join the fun.

Please consider becoming a part of our wonderful organization. You can visit the Branch and fill out an application with the Bar Steward. We welcome the holding of meetings in our Clubroom or in our upper hall if not booked.

Beginning October 25th, until November 11th Please wear a Poppy, remember what many sacrificed for our freedom.

LEST WE FORGET

CHANGE YOUR CLOCK, CHANGE YOUR BATTERIES

On November 2 you set your clocks back one hour. When you change your clocks, change the batteries in your smoke alarms too!



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TOWN OF EAST GWILLIMBURY COUNCIL SCHEDULE

November

Monday, November 4	10:00 a.m.	Committee of the Whole Council
Monday, November 4	3:00 p.m.	Council
Monday, November 11	1:00 p.m.	Special Council [To be held at the discretion of Municipal Council]
Monday, November 11	All Day	Council Activities
Monday, November 18	1:00 p.m.	Committee of the Whole Council
Monday, November 18	7:00 p.m.	Council [Preliminary 2013 Business Plan & Budget overview]
Thursday, November 21	9:00 a.m. – 4:00 p.m.	2014 Business Plan & Budget deliberation
Monday, November 25	9:00 a.m. – 4:00 p.m.	2014 Business Plan & Budget deliberation
Wednesday, November 27	9:00 a.m. – 4:00 p.m.	2014 Business Plan & Budget deliberation

December

Monday, December 2	10:00 a.m.	Committee of the Whole Council [tentative 2013 Business Plan & Budget deliberation if required]
Monday, December 2	3:00 p.m.	Council
Monday, December 9	10:00 a.m.	Special Council [To be held at the discretion of Municipal Council] [tentative 2013 Business Plan & Budget deliberation if required]
Monday, December 9	All Day	Council Activities
Monday, December 16	1:00 p.m.	Committee of the Whole Council
Monday, December 16	7:00 p.m.	Council [2013 Business Plan & Budget adoption]

All East Gwillimbury Council Agendas and Minutes can be found at <http://www.eastgwillimbury.ca/Government/Council.htm>

“A few days ago I walked along the edge of the lake and was treated to the crunch and rustle of leaves with each step I made. The acoustics of this season are different and all sounds, no matter how hushed, are as crisp as autumn air.”
- Eric Sloane

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Decorating With a Touch of History

This spring I had the opportunity to travel for 5 days through some magnificent areas of California with one of Toronto's top designer's, Kimberley Seldon.

One particular destination I enjoyed touring was the Gamble House in Pasadena. It was an outstanding example of American Arts and Crafts style architecture. The house and furnishings were designed by Charles and Henry Greene in 1908 for David and Mary Gamble of the Procter & Gamble Company.

There are many features that stand out as American Arts and Craft style:

- bungalow style
- wood, stone or stucco siding
- low-pitched roof
- numerous windows
- porches with thick square or round columns

The Arts and Crafts movement reached Canada in the 1910's, however many of these homes are being torn down and replaced with new buildings. It was important to one of my clients to keep as much of the integrity of their building as possible which is nestled in the downtown area of Sharon and historic neighbour, the Sharon Temple. Keeping with the areas historical style, I choose a warm green exterior colour for the building, a dark burnished brown for the door and porch floor and a warm cream for the trimming. The lights are of the same style and bronze finish to echo those found in the linear architectural features as well.

In keeping with the arts-and-crafts style for the interior, I choose a lighter palette with neutral coloured walls as the backdrop for the richly-stained 2" pine floors. By staying neutral, the interior has a more spacious feeling and then decorated with numerous photos of historical Sharon.



The centre is opening this month



Susan Crema-Martin is a Certified Master Canadian Staging Professional who works with clients that are either selling their home, or are looking for assistance in redesigning the space they live in. If you have a question contact info@thebulletinmagazine.com





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country at home and abroad*

Cathy Morton Councillor
Town of East Gwillimbury

Mount Albert
CHIROPRACTIC
& WELLNESS CENTRE

SUFFERING FROM NUMBNESS AND TINGLING?

Numbness, tingling, and pain is an extremely annoying problem.

It may come and go...interrupts your sleep...and even makes your arm or legs feel weak at times. Maybe you've even been to other specialists and they claim all the tests indicate you should feel fine.

Masking the Symptoms is not The Solution

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

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

The Likely Cause Of Your Problem

My name is Dr. Chad Morton, clinic director at the Mount Albert Chiropractic and Wellness Centre. I've been helping people with numbness and tingling problems for more than 13 years.

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

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

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

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

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

Is it time for you to find out if chiropractic will be your numbness and tingling solution?

For 2 weeks only, \$45 will get you all the services I normally charge for a new patient evaluation. (\$125 Value).

Here is what this offer includes:

- A detailed consultation on your health condition and factors affecting it.
- A complete orthopedic and neuromuscular examination.
- A full set of specialized x-rays (*if necessary*) and computerized muscle tension scan to determine if a spinal problem is contributing to your pain or symptoms.
- A thorough report of your exam and x-ray findings
- I'll answer your most probing questions about nerve problems and how chiropractic can help.

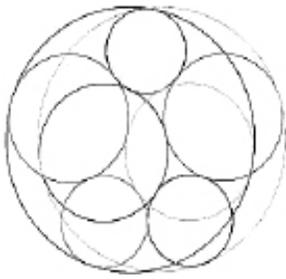
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DID YOU KNOW...

- Buckingham Palace has over 600 rooms
- Hawaii is the only US state that grows coffee
- The oldest known vegetable is the pea
- The average person laughs 10 times a day
- Months that start on a Sunday will always have a Friday the 13th
- Plastic bottles were first used for soft drinks in 1970

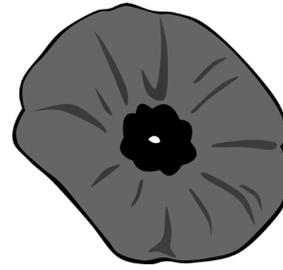




Circles

Cycle Liberation Tour

By Vicki Pinkerton



Every 5 years, the people of Markelo, in the Netherlands, have held a celebration to commemorate the liberation of their country during the Second World War. Because of the role Canadians played in that liberation, they have been a great part of the celebrations. As the committee began planning for the 2010 event there were mixed feelings. It was to be the last formal Liberation Day. The veterans who had been there and the people who had lived through the times were aging and the energy to put together such a huge undertaking was being lost. How could the remembrance continue?

Gert-Jan Oplaat, a member of the "Welcome Again Canadian's" Committee and his old friend Canadian Veteran Frank Graham from Midland ON. put their heads together. After much thought they organized a Canada Committee with members on both sides of the Atlantic and a dream was born. What if they brought young people together, 25 from Canada and 25 from the Netherlands and asked them to cycle the Liberation Trail from Normandy at Juno Beach, past Vimy Ridge, the Ardennes, Nijmegen (Waal Bridge) and Arnhem (John Frost Bridge), Zutphen/Warnsveld, ending in Markelo for the Liberation Day celebrations? These cyclist could, meet the people, go through the museums and live the history of those terrible years leading to the liberation. Maybe the spirit of remembrance would be reborn, reenergized and kept alive for future generations.

This is where the story comes back to Canada and 23 year old Kristin Malecki of Sharon became involved. Kristin's grandfather, Bert Reynolds is a member of the Penetanguishene Legion. Gert-Jan Oplaat came to Canada to give a

presentation to local Legions. Bert had been to Markelo for the Liberation Day celebrations in 2000 and thought it might be a good opportunity. He asked Kristin if she would be interested. She was and applied to go. She was accepted. As plans progressed she fund raised for the money to pay for her passage and she met the people on her Canadian team through email. In the end, 18 young people from the Midland, Chatham and Peterborough areas went. They had one event to actually meet in person before they headed to the airport. On the 21st of April they landed in France, were taken to the bicycles, climbed on and headed to Juno Beach. The trip in front of them was 700 km; most of which would be cycled.

Kristin considers herself pretty fit. Once she was accepted for the trip, she did do some training but they had been told that the Netherlands is flat, so they were under the impression that the cycling, while not easy, would be OK. What no one had mentioned, was the hills of France on their beginning days. On those first few days, struggling with lag and hilly terrain



Route Map

was brutal. In the Netherlands, everyone rides a bike everywhere so that group was ready but the Canadians took a few days to get up to speed and found their beds very early on those first evenings.

The first day they met their 22 counterparts from the Netherlands, then got straight onto their bicycles and rode 41km to Juno Beach. The Canadian riders were surprised by the way war machinery, tanks, vehicles and defences had been left where they stopped and are being left as tangible memories of the horrors of those days. Kristin told me, it felt like they were riding through history. She said, "our education about that time in history is so different from what they learn in the Netherlands." She said, "they study and celebrate the liberation of the country and how it took place. They see the remainders of the war everywhere they turn. We, on the other hand, study the battles from our Canadian perspective but we don't live the memories the way they do. We were able to share our historical knowledge with their emotional knowledge and add richness to the way both of us saw the events of that time."

On the second day, still aching from the day before, they rode 58 km straight up hill to Honfleur where they caught a bus to Dieppe to the beach. It might have been the first glimpse they had of the reality facing the soldiers. They were encouraged to go down to the beach, which was very small and rocky. It was surrounded by high cliffs and stone strewn hills. As they headed toward the water they were astounded to see that the artillery still sits up on the cliffs keeping a watch on the quiet shore below. Once they got to the beach, they turned around to see what the soldiers, young men in most cases no older than they were, coming off the landing boats must have seen as they hit the beach. Kristin had a catch in her voice as she said, "they had to go around the cliffs and start running up those rocky hills with their 70lb packs. When they left the water, they could not have seen the artillery waiting for them." She told me their group tried

running up the beach, rocks twisting under their feet, up and over the hills without packs and without machine gun fire raining down on them. It was hard, almost impossible. It was a touching moment infused with a jolt of reality.

When they arrived at Vimy Ridge they walked 2km from the road through the trenches and to the monument in silence. One of the Canadian boys had his bagpipes with him and piped them up to the memorial where they all stood and sang O' Canada. It was very emotional. Each stop along the way touched them in a way that history books never had. She remembered being in Holten Cemetery during their Remembrance Day celebrations. That cemetery holds 1380 Canadians and that day, all the school children from the local school each placed a flower on every grave.

She was impressed by the way memories of the war are kept alive in that area. The Canadian Cemeteries are so well tended and people seem to live the memories. In Ieper (Ypres), Belgium they were there at 8 pm to see the traffic stopped under the Menin Gate* to allow buglers to play their tribute to the memory of the soldiers who fought and died there so many years ago. This ceremony occurs every single night of the year. Everyone, including the traffic, stops for a moment of remembrance. The wars are still so present in everyone.

A week before the tour ended, in Nijmegen, a Canadian contingent joined them: Frank Graham, the mayor of Midland, Kristin's parents and grandparents and a pipe band from Chatham. With local, regional and international press present, the whole group crossed the river on boats to the location of the battle where Frank was wounded during the war. At 90 years of age, he has visited so many times, he is well known in the area. Being there to see the cyclists complete their ride was a significant moment in his life and the effort he has contributed in communities here in Canada and in Europe toward never forgetting

continued on page 28



is very much appreciated. After the river crossing, the cyclists continued over the bridge and on the road to Markelo.

Kristin told me that it was not all solemn and sad. There were almost 50 young people who, once they got to know each other and got over jet lag and sore muscles, began to bond and appreciate the experience. Each town they went to welcomed them with open arms. Solid friendships were made and plans for a reunion of the group in Canada are underway. Plans for a return to Europe and a tour of some of the landmarks of the war in Germany and Poland in 2015 are currently being made. This experience has changed the lives of the participants. A sense of revival has been brought to the stories of remembrance as they are voiced by this new generation. At the end of the tour, before they left for home, the Dutch Minister of Defence, Jeanine Hennis-Plasschaert presented each participant with certificate and a medal, calling on them to take the torch from the veterans who witnessed the events of World War Two to know and understand what happened and become the new ambassadors of freedom.

Note from Vicki: This story moved me. I met Kristin in her home in Sharon. It was not a typical interview for me. We spent time looking at photos and talking about her journey. I am a pacifist. I have a problem with the idea of wars and yet the

story she was telling was so compelling. During our time together we were both on the verge of tears so many times as she talked about her insights and the courage of those on the ground during the First and Second World Wars. I was taken by this story of a community. A community of people who don't want to forget, who want the lessons of war remembered. It is also a story of the very elderly and the young forming a bond that will be a lasting one and of a global community that needs these ambassadors. Writing this article reminded me again of the huge difference that a few dedicated people can make in the world. No matter how old or how young we are, dreams are meant to be followed, and lives will be changed.

* To view the ceremony at the Menin Gate go to: <http://www.lastpost.be/en/x/58/participation>

For more information email Kristin at kristin_malecki@hotmail.com or go to: [cycleliberationtour.nl](http://www.cycleliberationtour.nl) <http://www.liberationroute.com>



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

Celebrate National Christmas Tree Day

Palgrave, Ontario - While Real Christmas Trees have been around for more than 500 years, this year marks the first nationwide celebration of this iconic holiday symbol.

On August 24th, the Canadian Christmas Tree Growers Association passed a motion declaring Saturday, December 7th as National Christmas Tree Day. The motion was supported by provincial associations from British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia and was passed unanimously. It is supported by Christmas tree growers in the wholesale sector as well as the Harvest your Own sector.

The Canadian Christmas Tree Growers Association along with the provincial associations encourage the celebration of Christmas Trees on that day. It also reaffirms the environmental benefits of Christmas Tree farms and recycled Christmas Trees, and celebrates the joy Christmas Trees bring to families across Canada.

Fresh, farm-grown Christmas trees may be purchased from Harvest your Own or Choose and Cut Farms, or retail lots. This year, more than 1 million Real Christmas Trees are expected to be purchased in Canada this coming season, and equally seedlings will be planted for a new harvest. The Christmas Tree Industry employs thousands of workers, not only in the farm setting, but also in transportation and retail.

<http://www.christmastrees.on.ca>

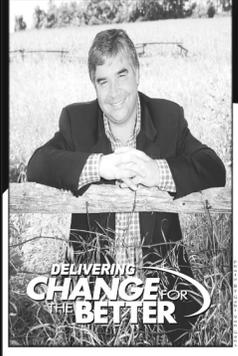



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This Employment Ontario service is funded in part by the Government of Canada.

HOLIDAY PARADE GUIDE

Saturday, November 16

Bradford West Gwillimbury Santa Claus Parade

Parade begins at Bradford District High School, travelling east on Holland Street West then south on Simcoe Road. 6:30 - 8:00 pm

Saturday, November 16

Newmarket Santa Claus Parade

Starts at 11:00 am at the corner of Lorne Avenue and Eagle Street and proceeds east on Eagle Street to Main Street, north on Main to Ontario Street.

Saturday, November 16

Keswick Santa Claus Parade

Begins at Biscayne Avenue and the Queensway at 1:30 pm. North up the Queensway to Metro Road, along Metro Road to Simcoe Avenue and finishes at Church St., and the Queensway.

Sunday, November 17

East Gwillimbury Santa Claus Parade

Parade theme is "Silver Bells"
Starts at Cedar Street and will travel south to the Holland Landing Community Centre. Floats and walking groups can be entered until November 11 by emailing: esedgc504@bell.net

Saturday, November 23

Aurora's Santa Claus Parade Under the Stars

6-8 pm. Yonge Street, travelling south from Orchard Heights to Murray Drive

Saturday, November 23

Festival of Lights at the Georgina Civic Centre Grounds

8:00 pm start. Enjoy the splendor and magic of the holiday season as we unveil the lights and visit with Santa.



Saturday, December 7

Mount Albert Lions Santa Claus Parade

Starts at 11:00 am. Parade begins at Albert Street and travels through downtown streets. Lots of goodies for spectators. Contact Trisha at 905-478-8863 or Stan at 905-473-7464 for information.

Saturday, December 7

Sutton Santa Claus Parade of Lights

Starts at Jackson's Point, moving down Dalton Road to High Street and ending at the fairgrounds in Sutton.





ADVERTISEMENT

Through the Hayes

My name is John Hayes and my wife, Julia, and I own and operate Blackwater Golf on Highway #48. The golf course is just getting ready to close for another year. This season just flew by – where did the summer go?

Well, what do we have for you in this month's column? I almost choked on my coffee, spluttering and wheezing, the other day as I read the take on the recent Conservative Throne Speech. Is this how the government intends to address the static middle class financial situation? By fiddling about the edges, and not facing the real elephant in the room (lack of high quality good paying jobs)? Ours is the first generation of young adults who will not be as well off as their parents. What solace is it to them that big Government is going to pledge to put a stop to cell phone roaming charges, eliminate extra cost for paper billing and prevent TV services from continuing their current bundling charges. Wow, I can feel them pennies rattling in my pocket as I write.

But that's not all. Yep – They're going to freeze spending as a means of bringing federal public sector salaries under control. Ahhhhh... who let them get out of control?

Just for the heck of it, being Halloween and all, I thought I would take a peek at the Ontario Government's Sunshine List. Well wouldn't you know it - Since the great recession in 2008, the Sunshine list has grown by 38% to a staggering 88,412 government funded employees earning more than \$100,000 per year. Wow again, considering that Ontario is running a huge deficit.

The thing that really gets my goat is that OPG and Hydro One have 11,376 employees listed!!!! Tom Mitchell, President and CEO of Ontario Power Generation, who is pulling in a smooth \$1.7 million per year, tops the list. Followed closely by Laura Formosa, who is squeezing by on only a tad over \$1 million per year. Mind you, I'm not saying they're not worth that coin, but...but, ok, wow!!!!!!

You know I was reading in the Globe and Mail about overpriced electricity and how it is driving manufacturing out of Ontario (see Barrie Mckenna Oct 13/13 story. It seems our electricity bill has a "global adjustment" fee, but only to Ontario customers. Why do we have a global adjustment fee. Heck, what is a global adjustment fee. Well, since you asked so nicely – the global adjustment fee is a rip off. You are not going to like this.....

Apparently the Ontario government has guaranteed a price to the generators of electricity. When the wholesale prices fall due to reduced demand, then the generators can demand extra money from ordinary Ontarians to make up their shortfalls. Not so for the exporters of electricity. They get a break – they don't have to pay this charge and can therefore pass on the savings to their customers. No wonder our prices are as much as twice the cost of electricity in Quebec, New York State and Michigan. So, as the price of power goes up, local demand falls, and, yes you 've guessed it- the global adjustment fees goes up and up. We are now paying more for this fee than we are paying for the actual cost of electricity being generated. Yikes!!!!!! Way to go Liberals...

No wonder new industrial plants are not opening and existing ones are fleeing the Trillium Province. This means that the good paying jobs go with the industrial drain (Stelco in Hamilton, Caterpillar in London plus many more). At least its nice to know that good ol' Tom is doing ok!!!!!!

So much for the tricks – here's a treat!!!! The Government watchdogs have zeroed in on a sweet price fixing scam..... No don't get excited – it's not gasoline prices – its far more invasive - Its – wait for it... the evil group of chocolate producers. You know, those high priced chocolate bars that sap your income and drive you into penury. However, all is not lost. You can recoup part of your losses by filling (no not in your teeth) out a form on the web and you will get fifty bucks in hard cold cash. It might even be enough to help pay your next fill up. Here's where you go.... Look up "chocolate class action law suit claim" on your computer. You have to file before December 15th, 2013. See – our Government's not so bad, eh?

That's it for this month....Please feel free to contact me at Blackwater Golf (905)473-6684 or contact@blackwater-gc.ca No rude emails – I can't forward them.....

Lee Lander

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