

August 2012

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Bulletin

MAGAZINE

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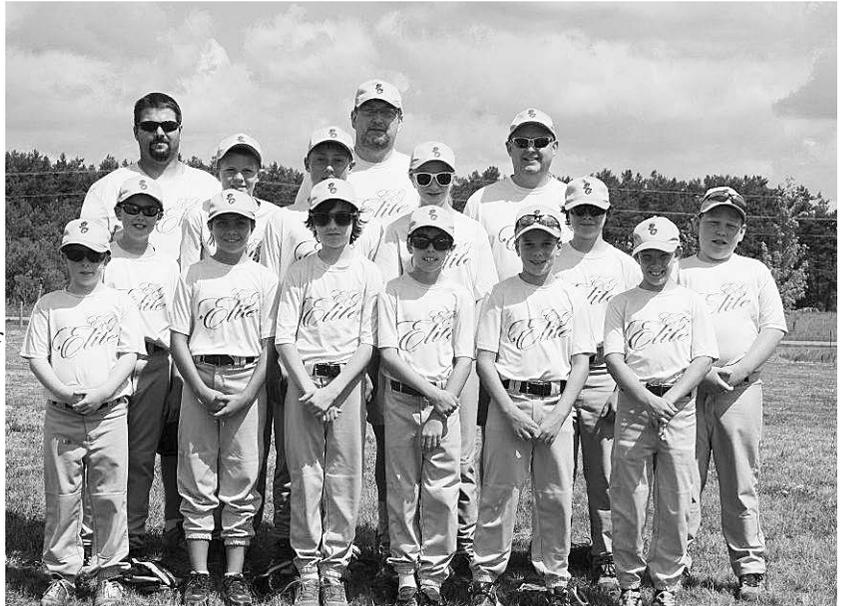
East Gwillimbury Minor Softball Association

For the first time in a very long time, EGMSA was proud to have a 2012 Squirt Select Team, called 'EG Elite' playing in the local WSSA Sharks Summer Slam Select Tournament on Saturday, July 21st.

With only 3 weeks to put a team together and get them prepared, coaches Ross Bartlett, Kevin Blais and Randy Foster took on the task eagerly and went to work. Taken from the EGMSA 5 team pool in the Mite/Squirt division, 12 players were put together and they started their journey. Three weeks of playing 2 nights per week at their regular games and 2 nights per week at Select practices and before anyone knew it, game day was here.

EG Elite started their day bright and early with an 8:30 am game and our team and the opposing team were amazed at the number of fans and amount of support provided by our community.

EG faced teams from Unionville, Cambridge and Grimsby and ended the day with a final game against the Stouffville Sharks, finishing in a very respectful 4th place out of a total of 10 seasoned teams. Coaches parents and fans were all very proud at the end of the day to watch as the newly formed EG Elite Squirt Select Team and their coaches received their medals.



Way to go EG coaches, players, parents & fans!

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Contributors:

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East Gwillimbury's
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On the cover:

In celebration of the Annual EG in Blooms Front Garden 50 gardens chosen, we are featuring 1 Brent Street in Holland Landing. Check out all the gardens in bloom this summer, follow the list in this issue.

Photo Courtesy
EG Gardeners



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What's On

August 2012

August 9 - 11

Sutton Fair & Horse Show

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www.suttonfair.com

Saturday, August 11

EG Farmers' Market

Special Event: Town of E.G. Day
8 am to 1 pm at the Civic Centre
19000 Leslie Street, Sharon
Every Saturday until October 6

www.eastgwillimburyfarmersmarket.com

Saturday, August 11

EG Trail Walk

Nokiidaa Trail - Rogers Reservoir
Conservation parking lot on Green Lane east of Second Concession.
Meet at 9 am, dressed for the weather.

Sundays, August 12, 19, 26

Hope Eternal: An Interactive Play

Sharon Temple, 18974 Leslie Street, Sharon. Admission \$10. 2:00 pm.
www.sharontemple.ca / 905-478-2389

Tuesday, August 14

Music at Civic Square

Summer Concert Series presents
Hotel California/Eagles Tribute Band
Concert: 7 pm - 9 pm. Bring a Chair
Admission Free.

Tuesday, August 14

EG Gardener's Meeting

Celebration of Gardens: Annual Flower Show and Silent Auction.

Delicious refreshments. 6:30 pm to 8:30 pm. Mount Albert Community Centre, 53 Main Street. For more info call Anne 905-478-8450 or visit: www.gardenontario.org/site.php/mountalbert



Thursday, August 16

(every 3rd Thursday)

Holland Landing Country & Western Jamboree

Holland Landing Community Centre.
7 pm to 11 pm. All are welcome.
Jacquie or Walt at 905-473-7072 for info.

Friday, August 17

Farmers' Market & Garage Sale

Zephyr Community Centre, 310 Zephyr Road. 3:00 pm to 8:00 pm.
Fresh produce, crafts, food, garage sale.

Saturday, August 18

EG Minor Softball Closing Day

Mount Albert Community Centre, 53 Main Street. 8:30 & 9:30 am T-Ball, 10:30 & 11:30 am Tyke/Atom, 12:30; 2:15; 4; and 5:45 Mitey/Squirts Elimination Championship Games. Come on out and cheer.
www.freewebs.com/egmsa

Saturday, August 18

Butterflies, Bugs and Forest Friends

Edred King Tract, 16232 Hwy. 48
10 am to noon. Look for butterflies, cicadas, salamanders and snakes on a hike through the forest with a naturalist.

Tuesday, August 21

Newmarket Hort. Society Meeting

Guest Speaker: Ken Brown, "Garden Seduction". 8 pm (every month, except December). \$2/Guests. Guest speakers, raffle draws and refreshments at each meeting. 905-898-2635 or www.gardennewmarket.ca

Saturday, August 25

Mt. Albert Legion Golf Tournament

First Tee Off - 11:48 am. \$90 p/p includes golf, cart, dinner, raffle ticket, putting contest. Dinner only: \$20. Mill Run Golf Course. Contact Cathy for info 905-557-0304.

Sunday, August 26

5th Annual Back to School Bash

Holland Landing Community Centre, 19513 Yonge Street. 1 pm - 4 pm. Sponsored by Lakeside Community Church of the Nazarene. Lots of fun and games for the whole family – jump castles, juggler, \$2 haircuts for kids under 12, hamburgers & hot dogs, classic car show, community groups, free school supplies (up to 300 bags, while supplies last) and a "cash only" silent auction in support of Cyndi Desjarden-Wilkins

What's On

September 2012

Saturday, September 8

Fall Festival @ St. James the Apostle Anglican Church

18794 Leslie Street, Sharon. 8 am to 12 noon. Includes: baking, produce, books and garage sale. Bacon on a Bun BBQ.

Saturday September 8

"Nature's Creations" Forest Festival

Hollidge Tract, 16389 Hwy. 48
10 am to 2 pm. Come out and see some of the things made from nature. Local artisans and wood crafters will demonstrate their art. Ride on a horse-drawn wagon anytime or walk the trails on a guided hike (11 am or 1 pm). Watch a timber harvester at work in the forest.

Sunday, September 16

B.E.A.T. Cancer Ride

(Bikers Ending All Types of cancer)
Canadian Cancer Society.

A non-competitive, pledge based, fundraising motorcycle ride in your community. The ride will begin and end at "Freak-n-Leather" located at 460 Davis Drive, Newmarket.

Registration begins at 8:30 am
Fee: \$25 per rider and \$10 per passenger. Raise over \$100 and receive a free T-shirt! For more information contact Karen at 905-830-0447 ext. 3833.

FIRST TIME SCHOOL BUS RIDER SAFETY EVENTS!

Each August and September several events are scheduled at area schools. Participation will help alleviate concerns and answer questions you may have regarding the safety of your children while riding on or walking around a school bus. Visit www.schoolbuscity.com



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September 15
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registration



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Bantam (1998-1999)	\$600
Midget (1995-1997)	\$575
Juvenile (1992-1994)	\$525

Payment may be made via Visa, MasterCard, Money Order, or Cheque

Register now as rates will increase in September

Players new to the OMHA will need to provide a copy of their Birth Certificate

Contact us at registrar@egmha.com
or visit www.egmha.com for more information



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registration

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Mount Albert: Tuesdays, August 7 & 14 at 10:15 a.m.

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Holland Landing: Tuesdays, August 7 & 14 from 1:30 – 3 pm

Mount Albert: Wednesdays, August 1, 8 & 15 from 10:30 am – 12 pm

Special Family Programs @ the Library in August

Thursday, August 9

York Regional Police and Service Dog Visit the Library: Meet a police officer and a police service dog at the library! All ages. Free. Mount Albert: Thursday, August 9 at 10:30 am

Thursday, August 9

Dragon and Dinosaur Adventure: Enjoy roaring stories and activities about dragons and dinosaurs. Ages 4 - 7. Cost: \$1/child.

Holland Landing: Thurs. August 9 at 10:30 am

Wednesday, August 8

KidsKnit: Learn how to knit with simple projects. Ages 8 – 11. Cost: \$8/person.

Yarn is supplied. Please bring 4.5 mm needles.

Mount Albert: Wed. August 8 at 6 - 8 pm

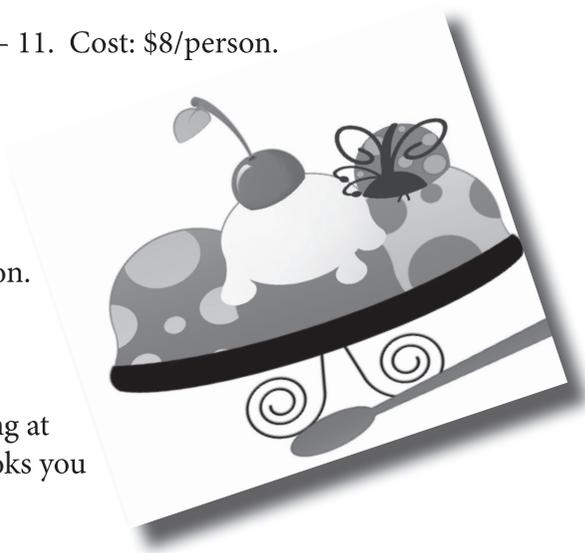
Thursday, August 16 & Friday, August 17

Ice Cream Sundae Party: Make your own ice cream sundae for our final celebration of summer. All ages. Cost: \$1/person.

Mount Albert: Thurs. August 16 at 11 am

Holland Landing: Fri. August 17 at 2 pm

TD Summer Reading Club - Imagine: Enjoy summer reading at the Library with special programs and win prizes for the books you read. Details at www.egpl.ca or call 905-836-6492.



Please register by visiting or calling your local branch. East Gwillimbury Public Library, Holland Landing Branch: 19513 Yonge St., Holland Landing. 905-836-6492. Mount Albert Branch: 19300 Centre St., Mount Albert. 905-473-2472. Details at www.egpl.ca.



Garden: Another Beauty Pageant

By Kathleen Gorsline, Lake Simcoe South Master Gardeners



This one is for Perennials. No swimsuit contest or procession here. The plants cannot sing, dance, orate or throw a baton. However, I am sure if you choose any of the winners of this perennial contest for your garden, you will be singing their praises to your friends and neighbours. They are attractive to behold, and their charm will endure with little to no care.

For over 20 years, the Perennial Plant Association has selected plant candidates and then narrowed them down to four to be judged and voted on by their members, primarily North American. The membership represents all facets of the perennial trade from growing to planting, including professional retailers, landscapers, educators and even our own Landscape Ontario.

According to the Association's website, "Perennials chosen are suitable for a wide range of growing climates, require low maintenance, have multiple-season interest, and are relatively pest/disease-free." This means when you choose one of their winners, you are starting with a tested, tried and true variety.

So here are the four contestants which were considered for next year. Can you guess which one was crowned the winner for 2013?

Polygonatum odoratum 'Variegatum' or in layman's terms, Variegated Fragrant Solomon's Seal: this shade loving springtime beauty can be grown in zones 3 through 9 and will tolerate both dry and wet soil conditions. On 2- 3 feet long arching leafy stems, droplets of white subtly fragrant flowers fall coyly beneath the green leaves with white edges and splashing. The spring flowers form blue- black berries in the fall. They are believed to have no disease or insect problems. They will spread by rhizomes to about 1 foot. I find this variety to spread a little more slowly than its predecessors.

Sedum reflexum 'Angelina' commonly known as Stonecrop 'Angelina' loves the hot, dry drought conditions we are experiencing this summer. This plant is hardy in zones 3 through 8. Growing about 4 inches high and with a spread of up to 3 feet, it looks great at the edge of a border. This variety is yellow-green in colour and has pine needle shaped leaves. The flowers are bright yellow and the leaves may tint to a bronze orange at their tips in the fall. You can plant in full sun or part shade and the colour of the leaves make it a great contrast plant to darker taller plants.

Chelone lyonii 'Hot Lips' has flowers shaped like a turtle's head with its mouth open. Hence the common name given to this plant is Pink Turtlehead. The plant is hardy in zones 4 through 7. What I love best about this flower is the bloom time. Dark green leaves emerge in the spring and the plant becomes shrub like over the summer. Come late summer early fall, spiky clusters of pink blooms cover the foliage. The plant spreads by stolons, also called runners, horizontal branches that produce new plants from buds at the nodes, like the strawberry; be sure to treat it like a medium shrub and give it plenty of room to grow. It will grow in full sun but prefers part shade and likes moist rich soil. Mine is planted in clay and even as this summer bakes the clay, the plant is showing no signs of stress.

Panicum virgatum 'Northwind' (Northwind Switch grass) is a tall narrow ornamental grass which will grow 4 to 5 feet in a striking vase shaped form. It is hardy from zone 4 through to 9. As with most grasses, it prefers full sun. Feathery flower panicles form in late summer, adding an additional foot of height. Once established, this plant is drought resistant. As it maintains its clump like form and does not spread, it is very easy to maintain. In the winter it maintains its tall upright form to provide winter interest.



Have you picked the winner? The Perennial Plant Association has and the winner is, drum roll please, Variegated Fragrant Solomon's Seal, Polygonatum odoratum 'Variegatum'. If you picked any one of the four, you would be choosing a champion. As with all contests, those that make it to the finals are all winners.

Lake Simcoe South Master Gardeners provide free gardening advice in York Region.
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Pregnancy Health: Taking Care of Your Teeth

You've announced it to your parents, have had your first ultrasound and have even had your first bouts of morning sickness... you're off to bed early and sleeping in... the aroma of your usual morning coffee is now a turn off... *What To Expect When You're Expecting* is by your bedside and your measurement of time is now in weekly units. Congratulations, you're pregnant!

With a baby on the way, taking care of yourself has never been more important. Of course, you'll top up your folic acid and take your daily multi-vitamin, eat better and keep fit - we all know the importance of taking care of your overall health when you're expecting - but what about your oral health? As a dentist and a new mom, I find many of my patients seeking information about what they can do to optimize their oral health during this important time.

Your body undergoes many changes during the next nine months. Here are some of the changes that may affect your oral health:

Pregnancy & Swollen Gums: A common complaint among my pregnant patients is swollen, tender gums that bleed when flossing or brushing. This condition is referred to as pregnancy gingivitis. Hormonal changes during this time can cause an exaggerated response from your gums to the bacteria in your mouth. The gum tissue becomes red, tender, and much more susceptible to bleeding. If left untreated, it may become a more serious condition known as periodontitis. Research

has linked periodontitis during pregnancy with an increase chance of premature babies.

Morning Sickness: For many, myself included, the term morning sickness is a misnomer. My nausea and vomiting was consuming, and lasted from morning to noon to night. To cope, I was advised to eat small, frequent meals, keep a stash of crackers at my bedside, suck on mints & lozenges, and hope that it doesn't last the entire pregnancy.

To make matters worse, some women can develop a very sensitive gag reflex, making it almost impossible to brush and floss.

Snacking throughout the day (and night), poor oral hygiene, and stomach acid from vomiting can combine synergistically to increase one's risk of cavities.

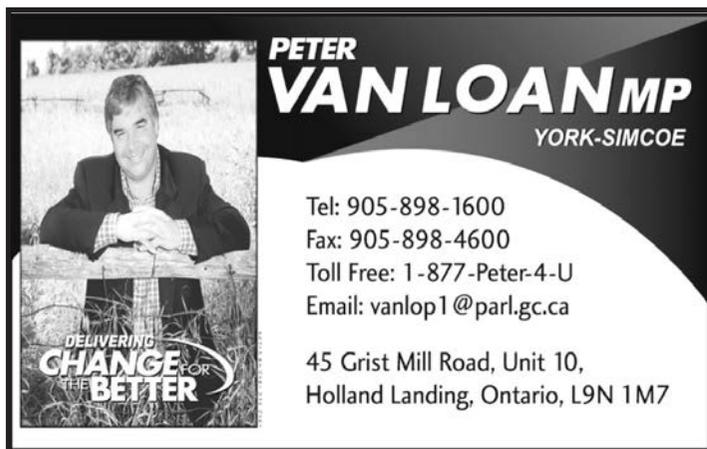
Take Charge ...

While pregnant, here are a few tips to help improve your oral health:

- Brush twice a day with a fluoridated toothpaste.
- Floss daily to remove plaque and bacteria between your teeth and gums.
- If you do have a strong gag reflex, try your best to brush (even if it's for a brief period of time). Consider using an electric toothbrush to be more effective in a shorter amount of time.
- Use floss with handles to avoid the need to have "bulky" fingers in your mouth while flossing.
- If you do vomit, rinse with water afterwards to dilute the stomach acid which can damage your teeth.
- If you are snacking frequently, try to choose healthy, nutritious foods. Carry a bottle of water with you and rinse immediately afterwards.
- Chewing sugarless gum for a short period after snacks and meals can help remove residual food particles and stimulate salivary flow to continue to protect teeth.
- Visit your dentist for a routine examination and hygiene visit during your second trimester.

I can't emphasize enough the importance of regular dental visits before, during and after pregnancy. Your dental team is trained to provide you with care during this special period. Be sure to inform them that you're pregnant.

Dr. Miriam Reyhani, Mount Albert Dental



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DELIVERING CHANGE FOR THE BETTER

Being Happy

By Raymond Mark

DEPRESSION

Everyone goes through occasional bouts of the “blues”; it’s apart of life. But when they last for weeks or months and are accompanied by other signs, there may be reason to suspect depression. Depression is a real illness and it cannot be cured by simply thinking positively.

Depression affects our moods, our energy and our entire body. It affects one person in 10 and can occur at any age. People who have had depression in the past are more likely to experience it later in life. Although it is a serious problem, there is good news; by seeking help at the onset of the illness, the length and severity of the symptoms can be reduced.

WHAT CAUSES DEPRESSION?

Researchers believe that depression is caused by an imbalance of certain chemicals in the brain (transmitters). Contrary to what was once believed, depression has nothing to do with a weakness in one’s character or personality.

SYMPTOMS

As with asthma or arthritis, depression has its own signs which vary from one person to another. But generally speaking, depression causes certain thoughts or physical symptoms:

- I don’t sleep well
- I’m not interested in sex
- I find it difficult to concentrate
- I often feel nervous for no apparent reason
- I find it hard to make decisions
- I don’t feel like seeing anyone
- I’m discouraged about the future
- I don’t feel like eating
- I’m irritable and easily angered
- I feel worthless
- I’m tired and lack energy

If you often experience several of these signs, you should speak to your doctor or another health professional.

TREATING DEPRESSION

Depression can be overcome with psychological counseling, participation in discussion groups, and support from family and friends. If necessary, antidepressant drugs may also be used. They work by modifying the production of chemical transmitters in the brain, thereby re-establishing mood and energy. With sound advice and professional follow-up, these medications are very effective in helping people regain their normal lives.

As with all medication, antidepressants can cause side effects. Your pharmacist can explain these to you and provide ways to overcome them. In many cases, side effects are temporary and will disappear as your body gets used to the drug.

WHEN WILL I FEEL BETTER?

Antidepressants are highly effective drugs yet they can take up to four weeks to have a full effect. At first, fatigue lessens. Then energy and appetite will come back. Finally, an overall sense of well-being returns.

Be Patient! There’s light at the end of the tunnel.

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Why do Snapping Turtles Snap?

The other turtles can pull into their shell when they are frightened, but the snapping turtles cannot. Snapping turtles are very relaxed when they are in the water because they have no natural predators.

On land; however, they have no defense and no way to outrun you so the only way they can defend themselves is to snap. Never pick up a snapping turtle from the side of their shell. They are able to swivel their head around and reach you. If they are on the road, you can move them safely by allowing them to latch onto a stick and pull them across the road to

the side in which they are heading.



Another method used to move them is to use a shovel to scoop them across the road. Do not pick them up by the tail. They simply weigh too much and you can separate their vertebrae.


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Map showing location at the intersection of Hwy. 48, King, Main, and Centre Rd. in Mount Albert. Address: 19181 Centre St. Mount Albert.

Four-Legged Chicken

A man was driving along a country road when he noticed something keeping pace with him on the shoulder. He realized that it was a chicken – with four legs. He sped up a bit, and found that the bird easily paced him up to 65 mph.

The chicken then sprinted ahead and went to a farm alongside the road. The traveler pulled into the driveway and saw several of the quadrupedal chickens zooming around the house and barn. Presently a man stepped out of the barn and the driver exchanged greetings with him. Then he asked about the chickens.

"Yeah, we've been working on them with selective breeding for about 10 years. See, a lot of people want drumsticks, and we figured if we could get chickens with four legs, we'd have a good source of drumsticks. And this year, we succeeded!"

"So, how do they taste?"

"Dunno, we haven't caught one yet."

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Facebook icon and QR code.

Foodgrains Bank Slightly Different

On a beautiful Saturday morning in June, some members of the Holt Free Methodist Church participated in the East Gwillimbury Farmers' Market. The focus at the market on June 23rd was "Community Groups Day" and our congregation was there to meet our community and to sell baked goods including a few homemade pies and delicious breads prepared by our members of our church. Some of you may remember that we also offered flowers, herbs and vegetables that were generously donated by Green Valley Farm.

If you missed visiting with us at the market on that day, our fundraising efforts were directed to the Canadian Foodgrains Bank (<http://www.foodgrainsbank.ca/>). The Foodgrains Bank is backed by 15 different denominations and Christian organizations. Some people misheard us and thought we were there representing the food bank. The Foodgrains Bank is slightly different than the typical food bank. The goal of the Foodgrains Bank is to support *"...international programs to meet immediate food needs, reduce malnutrition, and achieve sustainable food security; Influencing improvements in national and international policies that contribute to ending global hunger; and Increasing and deepening the engagement of Canadians in efforts to end global hunger."* All of the proceeds raised from our participation in the Farmer's Market have gone to an organization dedicated to ending hunger. But the story gets even better.

Since their inception in 1983, the work of the Foodgrains Bank to provide sustainable food assistance to people in the developing world has been aided through assistance from the Canadian International Development Agency (CIDA). In fact, the Foodgrains Bank is "...one of two primary channels for the Government of Canada's funding for food aid." In 2011 the Foodgrains Bank renewed their relationship with CIDA by signing a new five-year agreement worth \$25 million a year. Through CIDA's support, the 15 members of the Foodgrains Bank are able to leverage their donations on a four-to-one basis for food assistance in the developing world.

This means that the humble bake sale by the members of Holt Free Methodist Church raised \$500 for the Foodgrains Bank, however, when matched by the Canadian Government at a four-to-one basis, our contribution to

ending hunger was multiplied to \$2000! All this leads me to a note of thanksgiving. Having celebrated Canada Day in July, I am grateful to live in a country that is generous. I am grateful to live in a community with a local farmer's market that offers delicious food! Finally I am truly grateful for our community and neighbours, for all those who stopped by our table and supported our efforts to raise funds for the Foodgrains Bank.

Sincerely,
Rev. Matthew McEwen



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Mount Albert Village Association NEWS



The Mount Albert Business Association is changing into the Mount Albert **Village** Association. The reason for the change is to increase involvement, strengthen the community, and represent everyone in the village. Membership will now be open to anyone with a connection to Mount Albert and cost only \$10. The first **Annual General Meeting** will be held on **Wednesday, October 10, 2012 at 7:30 p.m.** in the Mount Albert Community Centre. (53 Main St.) Everyone is welcome!

Join the Mount Albert email list: www.MountAlbert.com

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Wellness: Fitness at 90? Why not?

By Brandi McCarthy

It seems strange to most of us to consider “working out” at 90 years old, but should it? I was recently at luncheon with several colleagues in the fitness industry when the topic of the ideal work-out came up (what a surprise!). Todd, one of the trainers at the luncheon made the point that whatever work-out you choose to do should be something you can see yourself doing until you are ninety years old. Ninety years old! I have to say it sounded crazy at first, but I think Todd hit the nail on the head.

We have a warped perception of fitness sometimes; we think of it as a means to an end, one specific goal or a way to reach a number on the scale. It can be all of those things, but it really needs to be about consistency and enjoyment to promote longevity. It’s about overall health and wellness, not just how many push-ups you can do or how many miles you can run.

I love to run, I love a super intense workout and I love to mountain bike. Do I think I will be doing all of those things when I’m ninety? Not necessarily, BUT, I do think I will still be walking the trails, lifting moderate weights to keep young and strong and be out enjoying nature. I’ve just made active living and fitness part of who I am. I think this is what Todd meant; even though I won’t necessarily be doing the same intensity of exercise as I do now, I can completely see myself keeping up this frequency of activity. I can envision myself maintaining a consistently active lifestyle.

If you are a runner, then likely you can see yourself running forever. Maybe you are a cyclist and can not fathom the idea of ever giving it up. But what if you are not? What if you haven’t found your “thing” that you can picture yourself still doing at ninety years old? That’s when you keep looking and trying new things. Sometimes we miss out on a great fun new activity just because it doesn’t fit into our current fitness strategy or current weight loss goal. It’s really a shame. If we just tried some different activities without judging them first we would probably find our “thing” in no time! There really is something for everyone.

The next time you start a new fitness routine (or simply re-evaluate the one you have) ask yourself if you could see yourself doing some variation of this activity at ninety years old. Is the activity fun? Do you enjoy it? Do you see a mental and physical benefit from doing it? If the answer to all of those questions is yes, then you will

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likely still want to do some variation of it at ninety years old. We far too often tackle a new exercise program only to ditch it a few weeks later because we can't keep up the pace; it's too hard, it's boring or we don't have the time. Instead of picking your fitness activities based solely on short term goals, why not just try and be active more often? Remember to consider consistency and longevity. Try something new and just have fun!!

My Mom tried a yoga class this past October. She had never really tried it and was determined she would be terrible at it. 10 months later she is still going twice a week and is loving every minute of it. I posed the question to her this week, "You think you will still be doing yoga a few times a week when you're 90?" Her answer? A resounding yes!



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

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Circles: EG's Community Police Centre OPEN

By Vicki Pinkerton

It's here! After months, maybe years of planning, East Gwillimbury's brand new community policing centre opened Tuesday June 26th at 10 p.m. on 73 Main St. in Mount Albert with much fanfare. The York Region Police Youth band played while dignitaries gathered and congratulations were in the air. Now the real work begins.

I stopped by a week earlier and met with Constable Terry Mansholt, Deb Robinson, the administrator of human resources for volunteers at York Regional Police Force and three enthusiastic volunteers. There was a sense of anticipation, camaraderie and passion in that room. I met seasoned volunteers Al and Phyllis Bott. Al sings in the YRPMC (York Regional Police Male Chorus) and Phyllis has played a support role in the chorus for some time now. They are both thrilled to find a community role as volunteers for the new centre. Sue Mawhinney is just learning the ropes but is excited about the opportunity to give back to the community in her new role.

My first question of course was, what will the centre do? The answer was an enthusiastic, "Everything we can." That didn't tell me is the newest of four. The in Georgina, Stouffville Each centre develops its and agenda depending needs as expressed by the skills brought to the table

The actual store front will from 2 p.m. to 8 p.m. and Saturdays. It will also home for constables 24/7 shifts. They can drop by, the kitchen to make lunch spend some time getting to The volunteers will staff information on everything



workshops available, where and how to file a report or register a bicycle. As a quick side note, I have a bicycle that I ride everywhere. As I was about to leave, Constable Mansholt asked if my bike was registered. No it was not and so she and Al took me through the brief process of getting it done. Now, if my bike appears in the piles of stolen or misplaced two wheelers that are found every year, there is a way of identifying it and getting in touch with me.

My interviews usually take about half an hour. That day however, I was carried away by the enthusiasm of the assembled people and it took me much longer. Twenty volunteers ranging in age from seventeen to their mid seventies had just completed comprehensive training to help them do their jobs in the centre. They are also looking forward to getting together as a group to brainstorm programs and events that will be offered to us. Will they be organizing baseball games with local kids to be played against a team of constables? Will they run workshops on how to crime proof our homes, businesses and our lives? Will they be spending time with the young

much. Our centre others are located and King Township. own personality on two things, the community and the by the volunteers.

be open to the public Wednesdays, Friday be a home away from during their long write reports, use or have snacks and know the community. the desk and have from programs and

people in our town and showing up at events in the area? The answer is a resounding yes to all three and yet there is still more to come. Deb told me that the programs of each centre are only limited by the imaginations of the participants. As they gave me examples of things that might be available, I felt like I was in a restaurant with a large menu. Everything sounded so good.

Everyone there, stressed the words team and community. This centre will be a team effort. Everyone is invited to the table, from schools, to kids, families and seniors. Crime prevention through awareness of issues and safety will be important roles for the centre but introducing us to officers and the police as 'real' people with lives just like everyone else is important too.

So when you are walking by, drop in. See the fresh new paint job and the set up of the building and say hi. This centre will eventually be exactly what we want it to be, so take the time to step forward and find out what input is needed.

If you are interested in finding out more, check out www.yrp.ca

If you want to call the centre, 905-473-4056.

If you are interested in a volunteer position email volunteers@yrp.ca



Photo: Sasha and Lainy Bellavance visit with Constable Harrison at the opening of the Police Centre in Mount Albert.



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



East Gwillimbury Community Police Centre

HOURS:

**Wednesdays, Fridays & Saturdays
2 pm to 8 pm**

(subject to change depending on volunteer availability)

Drop in and say hello!

**Find out about community programs
or register your bicycle!**

The Community Police Centre is a co-operative venture between the Town of East Gwillimbury and York Regional Police. The goal of this venture is to strengthen the standards of safety and quality of life in the community through the work of dedicated volunteers who will be staffing the centre and improving police visibility in the community.

The relationships created as a result of the new centre will assist York Regional Police in developing and offering programs that meet community safety needs through education, activities and events. In addition to the officers that patrol this area and will frequent this centre, the Town of East Gwillimbury Community Police Centre is staffed by more than 20 volunteers.

source: www.yrp.ca

DECORATING:

Staging is More than Fluffing Pillows

From A Happy Customer!

When long-time Sharon residents Barb and Carol decided that maintaining their 2750 sq. ft. back-split on a near half-acre lot was eating into too much of their available free time, they made the decision to downsize to a nearby condo and put their home on the market. Little did they know that by following professional advice and having a plan, their house would practically sell itself.

Describing themselves as “marketing-challenged”, they realized they were going to need a vision of how to present their home in the best possible light to sales agents and their clients. They’d seen the TV programs on “staging”- that is, the presentation of a home in order to appeal to the most number of buyers in the least amount of time by making strategic changes to highlight its features and functionality. That’s when Carol recalled speaking with neighbour and certified master stager Susan Crema-Martin of Martin Designs several years before when another home on their street was up for sale. A search for Susan’s business card Carol had hived away proved fruitful and before long the couple determined it would be Susan who would provide them with that vision.

Luckily, the couple had the luxury of time with which to prepare their home for selling – in their case, approximately 18 months – as they had put a down payment on their condo knowing that the occupancy date was still relatively far off. While 18 months is exceptional, the notion of time for planning and implementing staging recommendations is not. Starting the process early allowed them to significantly de-clutter, schedule contractors and order custom finishes with plenty of lead time prior to listing their home.

Their initial consultation with Susan provided them with her room-by-room written report of preliminary work to be done for their typical middle-age home. This included suggestions for paint colours to freshen and neutralize the look of the rooms, simple cosmetic hardware updates such as updated light fixtures and

door hardware etc., some more significant updates in key living areas including more modern tiling in kitchen, bathrooms and front foyer, as well as advice on which of their furniture pieces would be removed or incorporated by Susan in her final staging. (The unneeded pieces were handed off to other family members or quickly sold online on Kijiji.com). This provided a more spacious, family-friendly feel and flow throughout the house. So, with a “to-do” list in hand, and keeping their own budget in mind, Barb and Carol set out to modernize their 25-yr. old home. Some of the more straightforward updates, such as most of the painting, were done by the couple themselves to keep costs down.

Along the way, Susan provided the couple with additional consulting on reputable contractors and on the selection of brands and economical choices for lighting fixture replacements. Discounts were made available to them, through her staging business, on many products from local vendors and suppliers on such materials as paint, tiles and window coverings.

Once the to-do list had been completed, the sales agent selected, and the house photography scheduled for the listing, Susan and her team swung into final staging action. This included bringing in some key modern furniture pieces, accessories and art all of which provided the final touches to complete the vision. The couple was so pleased with the overall effect Susan and her team had achieved, that they jokingly spoke of enjoying an extra year in their “new” and improved home.

Feeling optimistic about the contemporary appeal of their home, they were nonetheless realistic about the market and the typical number of days it was taking for homes in their area to sell. They were pleasantly surprised by the amount of interest in and activity shown towards their home as soon as it was listed and attribute this primarily to the realization of Susan’s staging vision and a strong marketing campaign by their realtor, Anita Kotsovos (sales rep. Remax/



Photos: Dining Room before (l) and after (r).
Fresh paint, light, wall decor and furniture.

Omega). There was no doubt in Barb and Carol's minds that following the staging journey through to completion paid off in the following ways:

- their house was evaluated by agents at a much higher suggested listing range than the couple had contemplated prior to staging
- they accepted an offer for 99.7% of their asking price within two weeks of listing

The return on their staging investment far exceeded their actual costs of preparing their home for a modern market.

Note:

Clients were expecting at least \$525,000

Priced April 2012, \$665,000

Sold for \$663,000 in 16 days with a 2 week closing,



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

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<p>Friday, Sept. 7</p> <p>Fair Opens.....5:00 pm</p> <p>Tractor Pull.....7:00 pm</p> <p>Youth Entertainment at Bandshell.....7:00 pm</p> <p>Buildings Close.....10:00 pm</p>	<p>Sunday Sept.9</p> <p>Heavy Horse Show.....9:00 am</p> <p>Buildings and Midway Open.....10:00 am (Midway Special - Kids \$1, Others \$2)</p> <p>Canine Equine Challenge.....10:00 am</p> <p>Cruise-in Car Show, Baby Show, Poultry Show, Turn 'n Burn.....11:00 am</p> <p>Beef Show.....Noon</p> <p>Horse Pull.....2:30 pm</p> <p>Fair Closes.....5:00 pm</p>
<p>General Admission \$10.00</p> <p>Children Grade 8 & Under FREE</p> <p>Weekend Pass \$25.00</p> <p>Parking FREE</p> <p>Offsite (shuttle) FREE</p>	<p>Saturday, Sept. 8</p> <p>Buildings and Midway Open.....10:00 am</p> <p>Barnyard Rodeo.....10:00 am</p> <p>Sheep Show, Goat Show & 4H Rabbit Show.....11:00 am</p> <p>Open Dairy Show.....Noon</p> <p>Durham West 4H and Open Lawn Tractor Pulling Club.....1:00 pm</p> <p>Demolition Derby.....7:00 pm (smoke free bleachers)</p> <p>Buildings Close.....10:00 pm</p>

The Uxbridge Fall Fair gratefully acknowledges the financial support of:

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www.uxbridgefair.ca

General admission provides free admission to all events. Parking and seating not guaranteed.

Hort Happenings • August 2012

By Anne Hill



East Gwillimbury Gardeners

The *Thumbs Up* awards have been given (listed on next page); the stakes with the familiar signs are proudly displayed in gardens around our communities.

Congratulations to the 50 people whose gardens were chosen this year. It's great to see some excited new gardeners receiving awards for the first time after trying for several years. Well done! The six volunteer judges who toured Mount Albert, Queensville/Sharon and Holland Landing/Riverdrive Park had some tough decisions to make. Everything has bloomed so early this year that some mature gardens were in a "between" phase – they must have been spectacular a couple of weeks earlier. It's been a hard year for gardens, they've just baked. Plants which normally flower in August are in full flower now – we're going to need to add a lot of fall mums and asters to get colour this fall!

I'd like to give a special mention to the Newmarket Inn on Old Yonge Street in Holland Landing for their wonderful profusion of annuals at the front of the property – and around the back in their courtyard is a really lovely perennial garden with a pond. Thank you to the person who tipped me off to go and take a look! I've enjoyed seeing so many bright red geraniums planted around town this year; it's a colourful way to commemorate the War of 1812.

Our August meeting is our annual *Celebration of Gardens* and we'd love to have you join us. That's Tuesday August 14, from 6:30 pm – 8:30 pm at the Mount Albert Community Centre, 53 Main Street. The United Church ladies will provide the refreshments - this is always a treat. You'll be able to enjoy our annual flower show and silent auction. All are welcome. It would really help us if you'd call 905-473-1322 to let us know you're coming so that we have enough treats.

As the summer winds down some of our perennials will soon be ready to be divided. These excellent plants will be available to you at our Fall Plant and Bake Sale to be held at the Sharon Temple on Saturday, September 8 from 8 am – noon. Fall is an excellent time to plant as the plants can get settled in with less heat stress and go into the winter in good shape.

On September 18th Dugald Cameron from Garden Imports, will be talking about planting a sensational spring garden in the fall. Garden Imports is famous for interesting bulbs so Dugald is the ideal person to talk about these wonderful plants. Get them in the ground in September and be dazzled in spring. That same evening is also our baking competition, always a delicious time as we eat the entries afterwards.

Who are we? We are an enthusiastic and friendly group of gardeners who welcome guests and new members. For more information, please contact 905-478-8450 or check out our website at <http://www.gardenontario.org/site.php/mountalbert>

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Fifty Garden Winners

Congratulations to the winners of the 2012 E.G. in Blooms Front Gardens contest. Thank you for helping to make East Gwillimbury an attractive place, a town so many of us are proud to call home. The Mount Albert Garden & Horticultural Society also thanks the Town of East Gwillimbury and *The Bulletin* for continuing to support this contest. And many thanks to this year's judges: Janice Baker, Barb Elend, Sue Fediuk, Anne Hill, Sue Nielsen, and Ellen Power. These six judges combed our town, evaluating our gardens and looking for the 50 they considered most deserving.

Drum roll for the list, please:

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44 Hollis Court
1 Brent Street (On the Cover)
6 Brent Street
10 West Street

7 Oak Ridge Court
9 Royal Ridge Court
169 Thompson Drive
143 Thompson Drive
114 Thompson Drive
17 Peggy's Crescent
61 Olive Street
11 Sand Road
101 Oriole Drive
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Sharon

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18 White Birch Lane
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6 Elda Court
35 Ward Avenue
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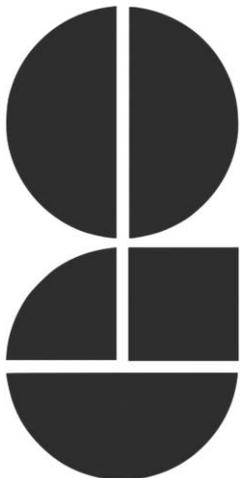
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Mount Albert

18966 McCowan Road
19406 McCowan Road
3 King Street
134 King Street
32 Albert Street
18959 Centre Street
77 Hamill Heights
34 Viscount Way
42 Margaret Graham Crescent
11 Margaret Graham Crescent
69 Royal Amber Crescent
49 Alice Street
56 Valley Mills Road
39 Valley Mills Road
Royal Oak Apartments, Royal Oak Road
5480 Mount Albert Road
12 Birchard Boulevard
10 Birchard Boulevard

Be sure to check these gardens out!



This summer GO Transit started a pilot project offering weekend train service on the Barrie rail corridor. With stops in Barrie, Bradford, East Gwillimbury, Newmarket, Aurora, King City and Vaughan, they hoped to attract weekend ridership to this train service. Other than the Lakeshore rail corridor, this is the first corridor that they have operated weekend train service on, and they view it as one of the first steps to all day, two way service on the Barrie line.

Originally, GO Transit had forecast that they would carry, on average, about 250 customers per train trip. However, they are only carrying about 50 customers per train. Part of the reason for this low ridership is quite possibly that the local community is not aware of the service.

The service will be offered until September 3. Check for times www.gotransit.com

Printed on behalf of the Town of East Gwillimbury - www.eastgwillimbury.ca

Mount Albert Sports Day & Spring Fair



The 2012 Mount Albert Sports Day & Spring Fair has come and gone for another year. The Executive Committee and our members would like to take this opportunity to express our sincere thanks and appreciation to all the volunteers and participants who attended and assisted in any way in creating a rewarding and enjoyable (although wet) community event. Each year this annual event requires great effort and dedication by many wonderful and sharing individuals, companies, and groups who volunteer their time and their resources to make our fundraiser a success.

The proceeds from this annual event and those of the previous 2 years will be contributed to a new picnic shelter that will be built by the Town in our Community Park. The new shelter will also have the capability to house an outdoor skating rink for the community's winter enjoyment.

We would like to thank the many, many sponsors, participants, volunteers, attendees and the Community of Mount Albert and the surrounding area for their help, patience, donations and support over the past 87 years.

A very special thanks goes out to the Town of East Gwillimbury CPI Department. Without the help of the Parks & Recreation and the Roads staff, signs would not get up nor equipment delivered. Our thanks also to KJ Beamish (Bob Graham & Ron Coates) for providing the extra equipment needed. York Regional Police continue to support our event and we appreciate their involvement especially the extra commitment from PC Terry Mansholt & Sgt. John Boothby.

Congratulations to all of the winners!
We have already begun the planning for our 88th annual sports day to be held May 31st, June 1st and 2nd, 2013 and we would like to remind you and invite you to participate on the Mount Albert Sports Day Committee. Our meetings take place in the Community Centre on the 4th Tuesday of the month beginning on Sept. 25th @ 7:30 p.m. Your continued support and involvement will help to ensure an even more successful event. New volunteers, new ideas. Come out and share.

Sincere Thanks to all of you.
Cathy Morton on behalf of one amazing Team
The 2012 Mount Albert Sports Day Committee



Photos: Above - Families enjoyed fair despite the rain! Below - All sorts of animals at the petting zoo.

Olympics 2012 • London

Olympics Games are in full swing, and hopefully you are cheering on our Canadian team!

A few stats, facts and info:

Canadians first appeared at the Paris 1900 Olympic Games when George Orton won the 2500m steeplechase. He also claimed bronze in the 400m hurdles.

Beijing 2008 Canadians claimed 3 gold, 9 silver and 6 bronze medals.

281 athletes are representing Canada in London.

Taking part in the Olympic Games will be 10,500 competitors from 205 nations taking part in 26 sports.

Closing date is August 12. Top price for a closing ceremony ticket is £1,500

Paralympic Games are August 29 to September 9

Beijing 2008 Canadian paralympic athletes claimed 19 gold, 10 silver, and 21 bronze medals.

Veteran triathlete Simon Whitfield will be the Olympic Team flag bearer at the Opening Ceremony for Canada.

On the busiest day it is estimated that 800,000 people will use public transport to travel to Games events.

Over 9 million tickets will be sold for the Olympic and

Paralympic Games.

At peak there were 12,000 people working on the Olympics

10,000 tons of steel used in construction

London 2012 equestrian events are held at Greenwich Park, the oldest enclosed Royal Park covering 183 acres. The park is host to the Prime Meridian Line and the old Royal Observatory.

Canadians will get over 5,500 hours of coverage



Looking Ahead to Toronto Pan Am Games 2015

TO2015 Intern Program

TO2015 has launched its internship program! Interns are defined as individuals who perform work under a program approved by a college

of applied arts and technology or a university. If you are a student enrolled in one of these programs and require field placement to complete your academic studies then you are eligible to apply. TO2015 targets program specific students in its recruitment efforts to ensure that there is a match between the intern's field of study and the work study opportunity.

All available positions will be posted on our website <http://www.toronto2015.org/lang/en/get-involved/volunteer-opportunities.html>

Closing date is August 10, 2012



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Cooking Tips: Using Spices and Herbs

Ever wondered what dish to use these spices and herbs in?

Allspice: pot roasts, soups, stews, hams, vegetables, baked foods.

Basil: meats, poultry, fish, soups, stews, pasta, stuffings, vegetables, salads, dressings, eggs, dips, sauces.

Cardamom: meats, poultry, fish, fruit, salads, dressings, pastries, breads, cookies, cakes

Cloves: pork (especially ham), lamb, vegetables, relishes, pies, cakes, cookies, beverages, snacks

Coriander: poultry, pork, curries, soups, stews, stuffings, fruit salads

Cumin: Mexican dishes, cheese dishes, soups, stews, vegetable dips, sauces, salad dressings, snacks

Fennel: meats, poultry, fish, seafood, soups, stews, vegetables, salads, dressings, pickles.

Ginger: Oriental dishes, meats, poultry, vegetables, cakes, cookies, pies, pickles.

eggs, sauerkraut, macaroni salads, dressings, marinades, sauces, dips, pickles.

Nutmeg: meatloaf, meatballs, chicken, quiches, fruit, eggnog, cookies, cakes, pies.

Paprika: meats, fish, soups, stews, eggs, potatoes, sauces, cottage cheese.

Saffron: the most expensive spice in the world; chicken, fish, seafood, rice, breads, cakes.

Tarragon: meats, poultry, casseroles, fish, seafood, soups, stews, eggs, cheese dishes, vegetables, salads, dressings, sauces.

Thyme: meats, poultry, meatloaf, meatballs, fish, seafood, eggs, soups, stews, casseroles, vegetables, salads, breads, sauces, stuffings.

Turmeric: can be used in place of saffron; poultry, fish, eggs, soups, salad dressings, sauces, relishes, pickles.

Marjoram: meats, poultry, stuffing, soups, stews, eggs, salads, sauces.

Mint: lamb, fish, poultry, vegetables, salads, fruit, sauces, marinades, desserts, beverages.

Mustard (dry and seed): corned beef,

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Through the Hayes

My name is John Hayes and my wife, Julia, and I own and operate Blackwater Golf at 21889 Highway #48 in Mount Albert. Blackwater is a challenging pesticide-free course designed for both the beginner and the more experienced golfer.

So what's the latest?..... Well..... Glad you asked.....

The Upper York water treatment plant planned for one of four sites in Queensville has raised quite a stink. Not only has the region of York just run roughshod over East Gwillimbury's very expensive Five Year Plan but also has just press-ganged Georgina into dumping the wastewater along their precious shorelines. Wow – talk about "Big Brother".

A plant that's designed to handle the effluent of an additional 150,000 plus residents and new industry is no small thing. This is a MAJOR plant and will require a major source of electrical power to run it. Where is this power going to come from? It couldn't possibly be from that peak power plant in King on the Holland Marsh – could it? It's getting curiouser and curiouser.

The bright young minds that have designed the brand-new, state of the art, though never tested technology have stated that they believe it will work. Yeah! But they don't have to live with it if it doesn't pan out as planned – we do. It's gratifying to hear that some members of our council are now demanding defined answers on just how this thing is going to actually work. Another thing though. Just how come East Gwillimbury got so lucky as to be chosen to be the dumping ground for everybody's shxt? I don't remember being asked. You know it really galls me that they didn't come clean about all this in the first place. Something stinks around here.

Remember, this plant is going to be large. Roads are going to have to be torn up to pipe in the waste water for "reclamation" (sewage); pumping stations will have to be built to handle the effluent from all of Upper York; power plants, pole lines and underground cables will be required; fleets of trucks will be needed to haul away the sludge. Just where will that stuff go? No answers yet! Just how will that membrane technology work with the potentially corrosive industrial waste? What happens if the membrane fails? Do we hold a poo mortum or a poo moratorium? Please feel free to add your own questions even though at the present time there seems to be hardly any answers.

I have worked in many many "water reclamation plants" as a high voltage contractor. Even the best of them stink, breach periodically, have system failures, use extensive amounts of chlorine (that's the gas used in World War I to kill people) and are subject to human error.

Remember despite the rose coloured picture that is being painted - If it's too good to be true – then it just might be too good to be true.

That's all for now – Please feel free to contact me at Blackwater Golf (905) 473 5110 or contact@blackwater-gc.ca. No rude emails please or I can't forward them.....



Lee Lander

Broker



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