

East Gwillimbury's

Bulletin

MAGAZINE

Since 1998

April 2014, Vol. 16, No. 3

Inside:

Gabrielle Daleman makes us proud at the Winter Olympics in Sochi.



Through the Hayes
Now on Page 13.



Going Wild on March Break!

East Gwillimbury kids get a visit from some friendly 'Zoo to You' creatures

Now published by:

pww
PLAYING WITH WORDS
Specialty Publications

body design

personal training, nutrition
& lifestyle coaching

Register for
Real Food for
Real Results
on April 12th!

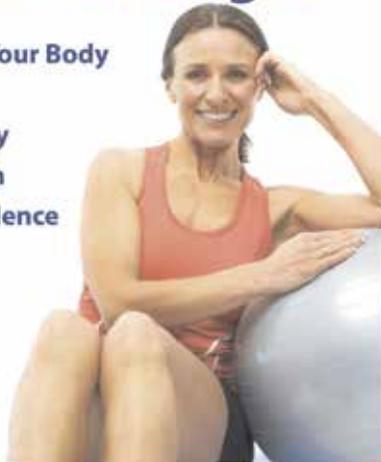
**If you change nothing,
nothing will change.**

- Firm & Strengthen Your Body
- Reduce Body Fat
- Increase Your Energy
- Improve Your Health
- Enhance Self-Confidence

www.bodydesign.ca

905-473-3888

info@bodydesign.ca



Be Fit, Eat Well, Live Life

COUNSELLING

Individual, Couple & Family

Emotional Issues · Anger Management
Mediation · Grief Counselling
Addictions · Seniors Issues · Spring Renewal

**Immediate Appointments
Available**

Raymond Mark

B.S.W., H.B.A., R.D.

905-478-2307

or 1-800-360-5251

raymond.mark@rogers.com

www.raymondmarkcounselling.com

Read my blog @ www.raymondmark.wordpress.com

Mount Albert
CHIROPRACTIC
& WELLNESS CENTRE

NEW **EXTENDED** CHIROPRACTIC HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 - 6:30	8:00 - 1:00	11:00 - 6:30	8:00 - 11:00	12:00 - 6:00	10:00 - 12:00 <i>(Every 2nd Week)</i>



EARLY MORNING, EVENING & SATURDAY APPOINTMENTS

*"It is a privilege to serve this community and I'm proud to call Mount Albert my home."
~ DR. CHAD MORTON*

Live Life Better

YOUR ONE STOP NATURAL HEALTH SHOP

905-473-2176



It's All About YOUR Health

Serving East Gwillimbury since 2002

www.EnterToBeWell.com



8th Annual Town-Wide Litter Clean Up Initiative

April 22-26

To register email: egpitchin@gmail.com. By registering, you will receive free gloves, garbage bags, garbage bin locations and be rewarded with a community involvement recognition certificate. For more event information visit www.eastwillimbury.ca Let's make East Gwillimbury a beautiful place to live, work and play.

Important Bulletin Deadlines:

Submission & Advertising deadline for May issue: April 23
Bulletin Delivered to residents: May 2

Coming in May:

- Gardening Feature/Guide
- Prom Feature
- Mount Albert Sports Day Feature

Coming in June:

- Farm Fresh Advertising Feature
- What to do with the kids this summer

Advertising Contact:

Blair Matthews
info@thebulletinmagazine.com
(905)473-3093

East Gwillimbury's Bulletin MAGAZINE

Since 1998

www.TheBulletinMagazine.com

Editor:

Blair Matthews

Contributors:

Brandi McCarthy	Sylvia Bowman
Susan Crema-Martin	Moira Sanders
Vicki Pinkerton	Valerie Liney
Raymond Mark	Angelica Blenich
Cathy Morton	Alexandria Lipani

Published 10 times per year by:



PO Box 1092, Mount Albert, ON L0G 1M0
Email: info@thebulletinmagazine.com
Phone: (905)473-3093

Acceptance of advertising does not carry with it endorsement by the publisher. We reserve the right to reject advertising we deem to be inappropriate. Opinions expressed by its contributors does not necessarily reflect positions of The Bulletin Magazine or its owner.

No part of this publication can be reproduced in any form without prior written consent from the publisher. We strive for accuracy and safety in presenting articles and photos. The publisher will not be responsible for advertising errors beyond the value of the space occupied by the error. Contents Copyright 2014. All rights reserved.

*Delivery via Canada Post Unaddressed Admail.
Circulation: 9,500 copies*

ART CLASSES AT THE STUDIO

in Mount Albert

Now Registering for the Spring Session!

Saturday mornings for children (6-12)

Have fun making art in many different media.

Wednesday mornings for adults/seniors

Beginners welcome to learn painting and drawing.

- Art activities for Beavers, Brownies, etc.
- Art lessons for home schooling
- Private lessons at your home or my studio
- Professional help with high school art portfolios

Phone for information and registration:

905-473-5006

email: frankmay1249@gmail.com

website: www.artsmithstudio.com

MacWilliam Farms

22645 Leslie Street, South of Ravenshoe Road



**FRESH BROWN EGGS,
MAPLE SYRUP,
JAMS, PRESERVES, CHEESE,
PORK SAUSAGES, BACON, CHICKEN
& MUCH MORE**

Everything we sell is grown on
our farms in Ontario.

Call for Hours

905-836-9656

www.macwilliamfarms.ca

**FIREWOOD AVAILABLE YEAR-ROUND
BUSH CORD \$300**

Community Happenings



ONGOING EVENTS:

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. 9:30 am - 11:30 am 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 Third 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 @ 7 pm

31 Princess Street, Mount Albert

Every 3rd Wednesday of the Month

Mount Albert Village Association's Monthly Director's Meeting

7pm - Mount Albert Community Centre - Upstairs. Everyone is welcome. www.mountalbert.com

Every 2nd Tuesday or Wednesday of the Month IODE Holland Landing (info: 905-830-5680)

We fund raise to help those in need. Over the years our members have given financial assistance and contributions of time and effort to local students, educational institutions, hospitals, and those in need. We encourage and support young people in education. If you would like help your community, and meet others who do the same, please join us.

APRIL:

Tuesday, April 8,

Foot Assessment for People with Diabetes

Free foot assessment by Nurses completing Diabetes Footcare course. Nurses will help you identify risk factors which may lead to skin breakdown and foot complications associated with diabetes. Learn more about caring for your feet! Call 905-478-1977 to schedule an afternoon appointment. Free, Sharon Temperance Hall, Leslie Street, Sharon.

Wednesday, April 9th, 2014 4:30-7:30,

Ham/Scalloped Potato Dinner

Zephyr United Church \$16.00 per adult, \$6.00 for ages 6-12; under 6 free. Scott/Zephyr Hall. Continuous Serve Tickets at the Door for Info call Linda Wagg @905-473-3346.

Saturday, April 12, 8am -11am

North Union Annual Pancake Breakfast

Pancakes and Sausage, Cooking by Enbridge Gas Community Services. All the Proceeds of the event will go to the Mount Albert Fire Dept to support their recent fire. Adults \$5.00 Children 12 and under \$2.00 North Union Community Center Boag Road east of Woodbine

Saturday, April 12

The Anglican Church Women of St. Paul's Anglican Church, 59 Toronto Street South, Uxbridge, are holding a Spring Sale on Saturday, April 12, from 10-3.

If you make crafts of any kind, jams & jellies, preserves, or if you have things around the house that you no longer need, tables can be rented for \$25 for a large table or \$15 for a small table. Please phone 905-852-6853 to reserve a table.

Sunday, April 13

Writers' Community of York Region Luncheon

Featuring novelist and non-fiction writer, Ray Robertson. Doors open at 12:30. Event held at Newmarket Community Centre and Lions' Hall, 200 Doug Duncan Dr., Newmarket. For more information, visit www.wcyork.ca.

Tuesday, April 15, 11:30am - 1pm

Community Luncheon, Mount Albert United Church

Continuous Serve, Mount Albert United Church basement. All proceeds to Florences Kitchen. 41 Alice St., Mount Albert. All are welcome.

Friday, April 25

Good Shepherd Parent Council Presents a Spring Fling!

Good Shepherd Parent Council presents our Spring Fling on Friday, April 25, 2014 from 7pm - 1am. The event is at Seton Hall in Newmarket. There will be a silent auction, DJ, food, cash bar, games, draws, and door prizes. It should be lots of fun! Every dollar raised will go toward new playground equipment for our kids. This is a huge project! It will likely take a few years of fundraising to reach our goal, but with your help we hope to start Phase 1 later this Spring! To purchase tickets please call the school at 905-895-0303 or email Adele at abaur12@gmail.com. Tickets are \$20 each or \$25 at the door. Must be 19 years of age or older to attend.

Friday, April 25, 5:30pm-11:45pm

Beyond Abilities Gala

Beyond Abilities Centre is having a Dinner Gala at The Mansion in Aurora. Come support BAC's mandate to help families and individuals with disabilities. For more information, visit www.BeyondAbilitiesCentre.ca and/or 905-478-2888 \$90.00 The Mansion, 400 Industrial Parkway South, Aurora, ON, L4G 6W7.

April 22-26

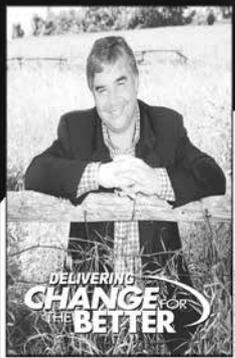
8th Annual Town-Wide Litter Clean Up Initiative

Join the Town of East Gwillimbury's Environmental Advisory Committee April 22-26 in the 8th Annual Town-Wide Litter Clean Up Initiative. To register email: egpitchin@gmail.com. By registering, you will receive free gloves, garbage bags, garbage bin locations and be rewarded with a community involvement recognition certificate. For more event information visit www.eastgwillimbury.ca - Let's make East Gwillimbury a beautiful place to live, work and play.

Tuesday, April 29 at 7:30 pm

Author Event: Craig Davidson

Meet Craig Davidson, author of "Rust and Bone" and the novel



PETER VAN LOAN MP
YORK-SIMCOE

Tel: 905-898-1600
Fax: 905-898-4600
Toll Free: 1-877-Peter-4-U
Email: vanlop1@parl.gc.ca

45 Grist Mill Road, Unit 10,
Holland Landing, Ontario, L9N 1M7

"Cataract City" short listed for the 2013 Giller Prize. Hosted by the Friends of the EG Library. Reception included. Tickets at both branches, Mount Albert and Holland Landing.

MAY:

Saturday, May 10, 1:00pm-2:00pm or 2:30pm-3:30pm

Mother's Day Victorian Tea at Elman W. Campbell Museum

Bring your Mothers and enjoy an old-fashioned afternoon in a historical setting! A variety of teas, old-fashioned sandwiches and sweets will be served on vintage china. Wear a fancy hat if you have one or borrow one of ours! Saturday May 10, 2014. Two sittings: 1:00-2:00PM or 2:30-3:30PM. Tickets are \$10.00 and must be purchased at the Museum in advance. Presented by the Friends of the Museum. For more information, please call (905) 953-5314.

*Not-for-profit events are free to list in our print edition of The Bulletin. Please visit our website thebulletinmagazine.com and fill in the **Submit an Event** information. Other event listings have a fee of \$25.*

Contact info@thebulletinmagazine.com for details.



Xtreme
OUTLAWS
Cheerleading

(905) 806-4208
xtremeoutlaws@gmail.com

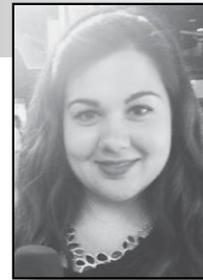
Tryouts

- ☆ **Cheerleading Competitive Teams (April 26th @ 1:00 pm & April 29th @ 7:00 pm)**
- ☆ **Summer Camp Programs**
- ☆ **Tumbling Classes**
- ☆ **Birthday Parties**

SEE WEBSITE FOR DETAILS

xtremeoutlaws.ca

611 Steven Court, Unit 2, Newmarket, ON L3Y 6Z3



My Town

I grew up in the lovely town of East Gwillimbury. I have lived in three houses in my lifetime and they have all been in the Queensville area. Growing up in the country, I dreamt of moving to the city. I imagined myself walking down a crowded sidewalk at night, the city



lights flashing, people chatting with each other and going home to my little apartment to make dinner for myself and watch some television. I imagined sticking my hand out for a taxi cab to take me to my job at an office where I had my own little desk with my own computer, my own files and my own organized stationary. I loved the thought of meeting new and different people everyday, hearing their stories, experiencing new things – all of this has been something that I thought I would for sure escape to when I was old enough.

As the years have passed and I am now leaving my teenage years, I learned something about myself; I love living in the country. Growing up in a small town where you have a mutual friend with almost everyone and you see someone you know almost everyday is very humbling.

I have visited the city quite a few times in the past five years, going shopping, attending concerts, sight seeing – it's fun and exciting for the day. But after walking for hours and inhaling the smells of building smog and sewers, it's a relief to go back home to fresh air. Like the saying, 'you don't know what you've got till it's gone', you don't realize how wonderful and serene the simple life is until you have walked for eight hours in the city without talking to one familiar person.

I have quite a big back and front yard. One where

there is room for me and my sister to ride ATV's in the front yard and have volleyball tournaments with our friends in the backyard. We have pool parties all day and bonfires all night where we can play our music as loud as we want and no one will get upset or complain. We can let our cats

run free outside and kick a soccer ball around for our dog to chase.

In the fall, we watch the leaves change from green to orange and then slowly descend onto the cold, crisp ground as we carve the most festive pumpkins without the fear that anyone will smash them. When autumn turns to winter, we can admire how the front yard sparkles with freshly fallen snow and the trees are barren, decorated with icicles painted on by Jack Frost.

Queensville has always been a place where everything is familiar. The local stores are small and cozy and have been around for years. There are plenty of family farms where horses run free and baby animals are born in the spring. This town is safe. The people are friendly, the atmosphere is fresh and clean and there is less worry and stress in the air. Time slows down, and life hugs you like an old friend, reminding you to take pleasure in the small things.

Growing up in a small town, you experience things you would never get the chance to experience living in the city. Silence is such a precious gift to us. Our brains can think, our ears can hear, our bodies can relax. Silence is something that does not occur much in life. Imagine sitting on your front porch with a cup of hot tea in a warm sweater, listening to silence. You can learn so much about yourself and

Continued on Page 11.



Finally gearing up for the growing season

East Gwillimbury Gardeners started off its 2014 program with a colourful tour of Kuekenhof Gardens given by members Anne Hill and Barb Elend who had travelled there the previous spring. It was a wonderful way to start a new season at the "Hort".

The Board of Directors brought delicious treats to be shared and as every one of them was devoured they were considered warmly appreciated.

East Gwillimbury Gardeners members Barb Elend, Ellen Power and Tina Forrester participated in the Ontario Horticultural Society Floral Design Competition at the Successful Gardening Show in Toronto. We are proud to announce that they took third prize against some very stiff competition.

The design, which measured 16 x 16 was called "square dancing" and needed to be in a challenging and unusual style called pavè which is to be viewed from above. It was a challenge to design and create and deliver to the Convention Centre in Toronto. Congratulations ladies.

If you enjoy arranging flowers and creating beautiful designs why not think about joining East Gwillimbury Gardeners?

We have flower shows at all our meetings from May to October as well as the informal group that meets each month to practice design skills. Call Ellen at 905 473-1322 if you would like to join in.

Tickets for the Mother's Day event called A Gardener's Tea Party are available for sale to celebrate the 90th year of the beginning of the Mt. Albert Garden and Horticultural Society. Plan to bring your Mom, Sister, Nieces and make it a special occasion. Call Ellen at 905 473-1322 or see her at the membership desk at the general meeting.

Tuesday, April 15 at 7:30 our general meeting will feature a representative from LEAF which stands for Local Enhancement and Appreciation of Forests who will update us on the Emerald Ash Borer. Also on the



program is Lori McLean from Lake Simcoe Conservation Authority who will explain the Rain Gardening Funding Program. This evening will be the Photography Contest for members. We welcome you to join us at the Mt. Albert Community Hall on Main St. in Mt. Albert.

Junior Gardeners meet at 7pm. Coordinators Russ Burton and Marie Nicolle always have a terrific horticultural project for the young ones to do. As always Lug a Mug.

Gearing up for the growing season we will be having our Spring Plant and Bake Sale at the Mt. Albert Community Hall, Main St. Mt. Albert on Saturday, May 24 from 10am sharp to noon. Plan to come early or be disappointed. We sell out quickly.

Most plants are grown by our members in their own gardens so are quite hardy to this area and soil conditions. Some specialty plants will be available also.

For more information on any of our programs please call Valerie at 905 853-7126, visit the website at www.gardenontario.org/php/mountalbert or send us an email at mtalbert@gardenontario.org. We welcome you to check us out.

Valerie Liney is President of the East Gwillimbury Gardeners and Horticultural Societv.



Mount Albert Sports Day Annual Slo-Pitch Tournament June 6, 7, 8, 2014

Remember... Don't Delay - space is limited... first come... first serve.

To enter your team & for more information contact
Rick: 647-286-2478
rick@nsacanada.ca or lastout2004@rogers.com

www.mountalbertsportsday.com



Should it Stay or Should it Go?

This past week I was at a consultation and the first question I was asked was, "Should we spend money on changing the countertops before selling our property?"

Kitchens and bathrooms are number one when it comes to buying a home.

As a professional home stager, I advise my clients to upgrade the kitchen and bathrooms first before putting their property on the market. The more "move in ready" the property is, the faster it will sell. In a recent article, Mike Holmes said, "kitchen and bathroom improvements increase the value of your house more than most renovations and offer the highest average return on investment."

Secondly, the higher the listing price, the higher the expectations are for a property.

Decisions on counter tops, flooring, lighting selections, etc. all make a difference at the end of the day. Some sellers renovate but the problem lies in the decision making on where to spend the money on the upgrades.

Bill Cowan, ReMax Hallmark Realty agrees that if the counter top is in disrepair or matches poorly with the rest of the kitchen, then it is crucial for the counter top to be replaced. Bill also said, "If a counter has existing laminate, then I would suggest that clients spend the extra money to replace it with one of the natural stone countertops. Today buyers have higher expectations and are willing to pay a bit more for a well renovated space."

The photo above demonstrates a job that we executed with an engineered stone that simply goes right over the existing laminate counter and eliminated the "full renovation".

It is important to know which type of material should be used in each renovation. In today's mar-



ket, there are so many choices and when you are changing a counter top for selling it becomes even harder to make a decision.

Some of the choices you may be considering are: laminate, granite, limestone, marble, soapstone, concrete, wood or engineered stone. Hiring a professional stager can assist you in making many important decisions that can maximize your return on your investment.

Susan Crema-Martin is a Certified Master Canadian Staging Professional who works with clients that are selling their home or are looking for assistance in redesigning their space they live in.



My Business is "All About You"!

Century 21
HERITAGE GROUP LTD.
BROKERAGE

Judy Hutchins
Sales Representative

Thinking of buying or selling?
Call or email me today - I'm in your neighbourhood!

Dir: 416 728 0578
Tel: 905 895 1822 x2259
judyhutchins@rogers.com
www.judyhutchins.com

*Each Office is Independently Owned And Operated. Not intended to solicit buyers or sellers currently under contract



HEARING HEALTHCARE
of East Gwillimbury

Alisha Gibb, Au.D.

Doctor of Audiology, registered CASLPO audiologist.

Tel: 905-478-2929

Fax: 905-478-2552

18957 Leslie St Sharon, ON
(2 minutes north of Green Lane Rd)



New patients are welcome

***Complimentary hearing
test for adults***

***Flexible hours evening
and weekends***

Services:

- Complete audiological assessments for all ages
- Hearing aid evaluations
- Hearing aid prescriptions
- Tinnitus management
- Programming
- Convenient repairs
- Assistive listening devices/wireless devices
- Industrial noise plugs & Swim plugs
- Musician's custom earplugs



26 Years Ago in East Gwillimbury

The year was 1988. Die Hard (starring Bruce Willis) was the Number 1 movie at the box office, Sprinter Ben Johnson was stripped of his Olympic gold medal when he tested positive for steroids, and the Winter Olympics in Calgary opened.

• If you were a fan of the World Wrestling Federation in the 1980s, you might remember that in 1988, a group of professional wrestlers were killed in a car accident while travelling to a show in Newfoundland.

Among the deceased was wrestling promoter David McKigney, who had a local connection in East Gwillimbury to the publisher of the Communicator Newspaper.

For 20 years, McKigney had all of his promotional printing (posters and tickets) done at the Advocate/Communicator.

McKigney wasn't just a promoter - he was best known throughout the country for wrestling his bear. Known as the "Canadian Wildman", McKigney grew a scruffy beard and let his hair grow long to fit his wrestling persona.

After his wrestling career was done, he promoted events in small Canadian towns. Some of his wrestling cards included Andre the Giant and the Iron Sheik.

Also killed in the crash that July night were Adrian Adonis (former WWF star) and Victor Arko, one half of the famous Kelly Twins.

• Bossy BINGO was held in Queensville during the Queensville Community Day. Organizers sold squares in the field to ticketholders, who would then try to coax Bossy the cow to dump a cow patty in their spot.

Yes, you read that right.

If the cow fired off a round in their designated square, they'd become \$125 richer. After nearly 90

minutes of Bossy wandering the field without results, finally things started moving along. In the end, three lucky winners - Arnold Johnston (Queensville), Don Hopkins (Newmarket), and Diane Long (Newmarket) took home the cash.

If you're thinking this was a crazy way to raise funds, consider this: the game was so popular they sold out three rounds of 225 tickets, generating more than \$600 in sales.

Bossy was a star, at least for a day.

• Canada Post offered a 5¢ discount off postage of greeting cards at Christmas during their 'Greet More' campaign. The cost to mail a card? 32¢. The cost to mail a letter now, 26 years later? More than three times as much.

Small Pizza \$7.88 +\$1.20/topping | **Medium Pizza** \$10.30 +\$1.35/topping | **Large Pizza** \$12.50 +\$1.70/topping

X-Large Pizza \$14.78 +\$2/topping

Large Pizza \$24.99
1 Topping, 20 chicken wings

905-473-7700
19181 Centre St. Mount Albert

VISA, MasterCard, American Express logos

*Tax and delivery charges apply



...April is National Oral Health Month

Visit your dentist for regular check-ups.
mountalbertdental.com • (905)473-2014

Continued from Page 6.

the world around you. In the city, you don't get the opportunity to experience such tranquility. Your mind is harassed with noise and cluttered with commotion. The city is a movie being played out before you, fast and filled with information that goes by in minutes. The country is a photograph that you can take your time looking at. It requires thought, imagination and patience. The city tells you what to do, the country asks you what you want to experience.

I am so proud to have a town that I can call my own. Where events and gatherings feel personal, where you won't go a day without a wave from a friendly face, where you have the opportunity to feel comfort walking at night. The phrase, 'it's been so long' is foreign to us because we are all a big family who go through happiness and sadness together.

The city might have excitement and adventure but the country makes for good memories amongst close family and friends for many years to come. *Alexandria Lipani is a York University communications student. She is a writer and aspiring journalist.*

Library Giant Book Sale – Mount Albert Branch

Early Bird Sale: Friday April 25th, 7-8:30pm, Admission \$5 each or \$10 family.

Sale: Saturday April 26th, 9am-4pm, free admission. Last call is 2-4pm, fill a bin for \$5. Silent auction featuring local artists. Bring your own bags please. Cash only. Wanted: donations of children's books!

For information or to volunteer please contact us: 905-836-6492.

Around Town...

East Gwillimbury Gardeners/Mount Albert Hort Society

Tuesday, April 15, 2014 at 7:30 p.m. at the Mt Albert Community Centre, 53 Main Street: Speaker: A Representative from LEAF (Local Enhancement and Appreciation of Forests) will update us on the Emerald Ash Borer and also Lori McLean from LSRCA (Lake Simcoe Conservation Authority) will talk about the Rain Gardening Funding Program. The annual Photography Contest will also take place. Refreshments will be served. Lug a Mug. All welcome. For more info call 905-853-7126 or visit <http://www.gardenontario.org/site.php/mountalbert>

Classic cars set to return to East Gwillimbury in May

Attention all car buffs! The Saturday night car show returns to the parking lot at the East Gwillimbury Civic Centre beginning Saturday, May 10, 2014. Food and washrooms are available on site. Admission is free and everyone is welcome whether you have a car or you just want to come browse and socialize. Join in every Saturday night from May until mid-September.

Redbox Kiosk Comes to Foodland, Mount Albert

Renting movies in Mount Albert just got a little cheaper and a whole lot more convenient. A Redbox kiosk has been installed inside the entrance of Foodland. For \$1.50 per night, all you have to do to rent a new release dvd is swipe a credit card at the Redbox machine, make your selection, and take your dvd home. Return it to any Redbox machine you want (doesn't have to be returned to the box where you rented it). You can even reserve a movie online and pick it up at the box. For more information, visit www.redbox.ca.

**Do you have a local tip or
a story idea about an
East Gwillimbury resident?**

Please contact us:

(905)473-3093 • info@thebulletinmagazine.com

Taxes. Done Right. Guaranteed.

Are you self employed? On commission? A small business?
A single parent? A student?

Do you have RRSPs? Medical expenses?
Disability income? Rental income? Investments? Incorporated?



**No problem.
JT Accounting does it all.**

Call us today. (905)868-0202 or jtaccounting@rogers.com



@ Your East Gwillimbury Library

Children's Storytimes

Grow Into Reading Storytimes

Grow Into Reading storytimes present activities that support the development of early literacy skills in children. Early literacy skills help children get ready to read. This storytime program is based on Every Child Ready to Read, created by the American Library Association. Programs for Babies, Toddlers, and Preschoolers. Free. Holland Landing: 19513 Yonge St. 905-836-6492. Mount Albert: 19300 Centre St. 905-473-2472. Details at www.egpl.ca.

Babytime

Ages 0 - 17 months FREE. Please register. Share our simple stories, songs, and interactive play with your little one while learning about early literacy for babies. Mount Albert: Tuesdays, April 1 - May 20 @ 10:15 am
Holland Landing: Thursdays, Apr. 3 - May 22 @ 10:30 am

Ones & Twos

Ages 18 - 30 months FREE. Please register. Join our interactive program that stimulates the imagination with early literacy activities including books and songs for toddlers. Mount Albert: Tuesdays, April 1 - May 20 @ 11 am
Holland Landing: Wednesdays, April 2 - May 21 @ 10 am

Preschool Storytime

Ages 2.5 - 5 years FREE. Please register. Enjoy books, music, puppets, and activities that help preschoolers get ready to read. Mount Albert: Wednesdays, April 2 - May 21 @ 10:30 am
Thursdays, April 3 - May 22 @ 10:30 am
Holland Landing: Wednesdays, April 2-May 21 @10:45 am

Parent Child Mother Goose

Ages 0-10 months FREE. Please Register. This interactive program focuses on rhymes, songs, and stories, supporting language, literacy and attachment for parents and their babies. Presented by Early Years, York North. Holland Landing: Tuesdays, Apr. 1-May 20, 1:30-3 pm

School Age Children

Woof Tales

Ages 6 - 10 years. Free. Please register. Read to a friendly dog! This program is for beginning readers or those who want some reading practice.

Presented by St. John Ambulance Therapy Dog Program. Attendance deposit of \$10 required upon registration. All attendees will be refunded in full. Must provide 24 hour cancellation notice.

Mount Albert: Wednesday, April 23 @ 6:45 pm

Activities

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, April 12 @ 10:30 am

Drama Kids

Ages 3-6 FREE. Drop in. Enjoy dramatic play and a fun craft! Themes include Sound Effects and At the Farm! Holland Landing: Saturday, April 19 @ 10:30 am

Lego Club

Ages 5+ years. Free. Drop In. Get creative with Lego! Themes include Egyptian Pyramids and Lego Volcanoes! Mount Albert: Wednesday, April 16 from 6:30 - 7:30 pm
Holland Landing: Thursday, April 17 from 6:30 - 7:30 pm

Adult Programs

Computer Courses

East Gwillimbury Public Library will be offering free group and individual computer classes this spring, thanks to a grant from South Lake Community Futures Development Corporation. Sessions may include such topics as Intro to Computers, Intro to the Internet, Intro to Email, Intro to Word, Intro to eBooks, Intro to Windows 8, Mobile Library Apps for Smartphone/Tablets, and Tech Tuesdays, an open session where you may bring in your mobile device for consultation. Registration is required for all but Tech Tuesdays. Call Joel at 905-836-6492 for details, dates, times, and locations, and to register.

Mount Albert Knitting Guild

For those who already know how to knit, regardless of skill level, the club will meet every two weeks. Bring your current knitting project and meet others who love to knit, chat and learn new skills. We will also be doing some knit-a-longs and charity projects to benefit the community. Mount Albert Branch
FREE. Please register; maximum 20.
April 10 & 24
6 - 7:30 pm



ADVERTISEMENT

Through the Hayes

My name is John Hayes and my wife Julia and I own and operate Blackwater Golf on Highway #48. Despite the dreadful winter we are still hopeful that we will be able to reopen before the end of April. This will depend a great deal on how much flooding the spring thaw generates. Please call for updates.

At Blackwater we always try to hire local kids in the summer - both for inside and outside work. The jobs out there for kids, as you know, are few and far between, especially in the rural areas. I had always had faith in our basic educational system. I mean how hard can it be for our youth to learn how to smile, cut grass and take money from our clientele. However, recently, it has perplexed me to no end when I see the difficulties they have with measurements. For example when they have to mix the gas with oil at a 50-1 ratio for the weed eaters; transfer two liters of diesel from one container to another or provide the correct change to the client. Well, it all became horribly clear why when I read the article and comments in the Globe and Mail (March 25th, 2014). It is not their fault. It seems that math (simple arithmetic) is now a foreign language to our young students. Rote learning is out. No-one learns times tables, additions, fractions, percentages, and subtraction the old fashioned way (mine). Instead, a new "touchy feely" method of writing a story about how you might get to an answer is employed.

Evidently, concerned parents in Alberta have come out in such force against this current math curriculum that the Minister of Education in Alberta has decided to reinstate the Jurassic old time proven learning techniques. In a separate but related article the Ontario Minister of Education has decided that maybe reinstating the times table would be worthwhile. Boy, I bet this will put a crimp in all those after school (private and for profit) remedial math emporiums that have sprung up over the past few years.....

If the kids I hire are a valid sample of the current educational system then, man oh man, are we ever a nation in deep trouble. It's not that they are dumb or anything. In fact, the opposite is true. They're clever and eager to both learn and do almost any task available. They just don't know where and how to start.

The blame must go to the Government for, once again, hiring legions of "consultants" to change what isn't broken. To fix the things that still work. Oddly enough, with the vast amount of money flushed away on these needless "policies", we (Canada) have slipped down from 10th place in the world in math skills to a disappointing 13th place. Good work Guys!!!! With a bit more tinkering we may be able to drop down a bit more. Just as an aside, wasn't Kathleen Wynne the former Minister of Education for the province of Ontario.....

On a slightly different news event, did you know that Stats Canada is basing its state of employment policy on data gleaned from the help wanted ads on Kijiji. This data was gathered by yet another hired "consultant". Whatever is wrong with Stats Canada doing its own research instead of fobbing it off? Heavens knows they have a big enough staff. No wonder we are in such trouble when the Government defends the use of this "scam" site for reliable data. I wonder if the consultants used Craig's List too; maybe they used phenology; perhaps called in a soothsayer; checked the flight of the butterflies or the phases of the moon; or maybe some other equally reliable data collection strategy.

Canada is in trouble deep my friend and the flood has yet to begin.....

Well, that's all for now. Please make sure you carefully examine your voting choices as our officials come up for election. It's up to all of us to make wise decisions as to who is going to represent us.

I can be contacted at Blackwater Golf at 905-473-5110 or contact@blackwater-gc.ca As usual - no rude emails please or I can't forward them.

Briggs Plumbing & Heating Ltd.

4420 Baseline Road, RR3
Sutton West, Ont. L0E 1R0
(905) 722-3688 1 800 764 5496
Email: briggsplumbingandheating@bellnet.ca
www.briggsplumbingandheating.com

**WORRIED ABOUT POOR WATER QUALITY?
BRING US A WATER SAMPLE FOR A
FREE TEST**

**BUILDING THIS YEAR?
DON'T FORGET RADIANT FLOOR HEATING!**

WE SPECIALIZE IN:

Water Pumps

Well Hookups

Water Conditioning

Tankless Water Heaters

Uponor Radiant Floor Heating

Gas & Oil Heating

Air Conditioning

Plumbing Installations

- New & Renovation



Your Friendly
Installers

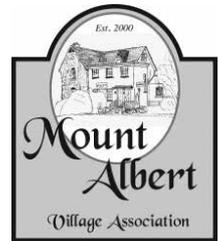


905-722-3688

Briggs Plumbing & Heating

OVER 50 YEARS in BUSINESS

Mount Albert Village Association NEWS



With spring just around the corner, the Mount Albert Village Association is gearing up for some events in April & May.

- On Saturday April 19, MAVA is hosting an Easter Egg Eggstravaganza from 9am till noon. A morning of Family Fun as pre-registered kids & parents visit a variety of participating Mount Albert businesses to collect Easter treats. Then return to the picnic shelter at the Mount Albert Community Centre at 53 Main Street for some activities for the kids and a draw for a Family Gift Basket. Thanks to Kristen Lacey for organizing this event and Margo Greenaway for donating the gift basket. Please register by emailing events@mountalbert.com.
- Saturday May 31 is the 2nd MAVA Community Yard Sale. All Mount Albert residents can take part by registering via email to events@mountalbert.com. This year there is a \$2 fee for non-members; MAVA members can participate at no charge. All participants will be listed on a map and will be provided with MAVA Community Yard Sale lawn signs.
- MAVA welcomes Joy (yoga, meditation & therapy) and Steve Flemming as the newest business members.
- We now have 4 levels of membership and are offering reduced rates until October 2014. Full details are on the website > <http://mountalbert.com/membership.php>
- Full level Business Members can post events on the site calendar or in the monthly newsletter. Please send details to info@mountalbert.com.
- Next meeting – Wed April 16 @ 7 pm at the Mount Albert Community Centre (upstairs). All are welcome!

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

MAVA is now on Facebook.
Don't forget to "Like" us!

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

In each Bulletin we'll include a photo taken in some area of East Gwillimbury. If you recognize where the photo is from, email (or Canada Post mail) us the correct answer before the 20th of the month - include your name, phone number, and answer. Correct answers will be put into a draw and ONE lucky person will win a \$10 SUBWAY gift card.

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

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

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

Last month we probably made the photo a little too easy, since if you were reading carefully, we basically gave away the answer in our 'The Way We Were' column. This month we might have found a landmark you can't recognize!

WINNER of \$10 Subway gift card for identifying our March photo (Holland Landing Library): Marilyn Hedrick, of Sharon.

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



Hint: It has a chain-link fence around it.



A Winn



ing Team...

The Xtreme Outlaws attended the Cheer Evolution Ontario Championship this past weekend. The Senior 4.2 and Senior 4 placed second in both divisions. Congratulations!



Prom 2014

Prom-themed Movies

- **Footloose (1984)** - In a town where dancing was outlawed, dancing rebel Kevin Bacon showed the town that it was okay to cut loose!
 - **Carrie (1976 & 2013)** - A young, abused and timid 17-year-old girl discovers she has telekinesis, and gets pushed to the limit on the night of her school's prom by a humiliating prank.
 - **Never Been Kissed** - Drew Barrymore gets a second chance to relive her high school experience as a reporter sent back to school, and finally getting her first kiss.
 - **10 Things I Hate About You (1999)** - Heath Ledger and Julia Stiles play star-crossed lovers in this high school flick.
 - **Valley Girl (1983)** - Not one of Nicholas Cage's most well-known roles, but it's the story of 'Valley Girl' meets 'bad boy'.
 - **There's Something About Mary (1998)** - A man gets a chance to meet up with his dream girl from high school, even though his date with her back then was a complete disaster.
 - **Hello Mary Lou Prom Night II (1987)** - Thirty years after her accidental death at the 1957 senior prom, the tortured spirit of prom queen, Mary Lou Maloney, returns and she is out for revenge.
 - **Pretty In Pink** - John Hughes' classic *Pretty In Pink* starring Molly Ringwald and John Cryer as a couple of awkward teenagers trying to figure out their place in the world.
- Source: IMDb.

It's time to think about this year's Prom! If you're a high school student, no doubt you're already making plans for this milestone event.

Consider these fascinating Prom Statistics:

- **60:** The average number of days guys think girls spend planning prom.
- **\$120:** The amount guys spend on average for a tuxedo rental.
- **56%** of teens will ask their parents for money to pay for prom.
- **67%** will rent a limo for prom.
- There's an app for that: Recognizing that prom spending now represents a major expense for families with high school students, Visa Inc. launched a new, free, smartphone app that helps parents and teenagers plan and budget every aspect of the prom in order to support responsible spending. The free Plan'it Prom app lets users make a realistic, detailed prom budget and then helps them stick to that budget by allowing them to track their spending as they shop. Plan'it Prom is available in the iTunes store.

Do you remember your prom?

Did you have a prom experience you'd rather forget? An embarrassing moment, or something unique that made it an unforgettable night? We'd love to hear from you! We'll include some of your comments in the May edition of *The Bulletin* in Part 2 of our Prom 2014 feature.

Look your best at this year's prom...

Unique styles at amazing prices!

Located in Newmarket



DRESS ME UP

By appointment: 1-416-618-5232

Dresses in all sizes and direct from LA - not available in stores
www.dressmeup.me

Tangles Hair Salon & Spa

Prom or Grad Special Package

Package (\$100) Includes:

Hair Style or Up-Do
Makeup Application • Manicure

Upgrades Available: Shellac Manicures & Pedicures

Give the Gift of Beauty this Mother's Day with pre-made gift sets and gift cards available online or in store. Ask about our Pamper package.

905 953-8980

45 Gristmill Plaza, Holland Landing

Book your hair appointment online at: www.tanglessalon.ca

How to Use Your Tax Refund

Congratulations on your tax refund. Now that you've got it, what should you do with it? You could spend it or you could use it in other ways that will be more beneficial to your longer term financial future. Let's look at a few good alternatives:

- Use it to make your 2014 RRSP contribution right now and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth and a tax deduction against next year's taxes.

- Put it in a TFSA. You are allowed to save up to \$5,500 a year in a Tax-Free Savings Account (TFSA). Your contributions are not tax-deductible but you will not be taxed on the investment income generated by your TFSA and you can re-contribute any of your tax-free withdrawals in a future year.

- Invest it. If your RRSP and TFSA are topped up, consider adding to your non-registered investments. It's a sound strategy to hold stocks and equity mutual funds outside your RRSP or TFSA because these types of investments are taxed at a more favorable capital gains inclusion rate and Canadian dividends qualify for the dividend tax credit.

- Set up Registered Education Savings Plans (RESPs) to fund future education costs for your children or grandchildren. RESP contributions are not tax-deductible but their growth is tax-deferred and they may qualify for Canada Education Savings Grants (CESG)¹ of up to 20 percent of your contribution.

- Pay down costly credit card debt with high interest rates and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds or thousands of dollars in interest payments.

- Got a large refund? Consider parking that cash in a short-term investment that you can access without penalty. You'll have a ready source of money for a rainy day or maybe a new car without having to borrow or use your credit card (you can also use a TFSA as a rainy day

fund).

- Do you consistently get a large refund? Your employer may not be aware of all the tax credits to which you are entitled. Consider completing a new TD1 form and submitting it to your employer or filing a form T1213 with CRA to reduce withholding taxes. This will improve your cash-flow and allow you to build your assets instead of giving CRA an interest-free loan all year!

A tax refund might put a little extra money in your pocket once a year. A comprehensive tax-reducing financial plan definitely puts you on track to achieve your life goals. Talk to your professional advisor about how to make it work for you.

- This article submitted by Lena Singh, BSc.(Hons) Consultant, Investors Group Financial Services Inc. 17310 Yonge Street, Suite 10A, Newmarket, Ontario. Phone: 905.895.6718 X 503.

¹CESG is provided by the Government of Canada.



THE STUMP DOCTOR
LET US REMOVE YOUR UGLY STUMPS
Mike
Owner/Operator
Sharon, ON
905.830.2803
thestumpdoctor@rogers.com
thestumpdoctor.ca

MOUNTALBERTLANDSCAPING.COM

JASON SHAW

30 Years Experience
in Landscape
Construction and Maintenance



905-473-7273

This is a
WELCOME WAGON
SINCE 1930



New Home • Getting Married? • Having a Baby?

LET US WELCOME YOU!

Kim Hughes 905-473-2627
or welcomewagoneg@rogers.com



Change Takes Time

Keep it simple: Eat food, not too much, mostly plants.

“Eat Food. Not too much. Mostly plants.” is a now famous quote by Michael Pollen. In fact, it’s the tag line for his wonderful book, “In Defense of Food”. I chose to focus this month’s article on this particular quote because I feel we can all learn so much from such simple, concise advice. We get bombarded by messages about what is and isn’t healthy, we get distracted and drawn-in by the promise of the latest fad diets and we are forever on the search for the quick fix. In reality, all we really need to do is keep it simple.

Let’s focus on the first part, simply to “Eat Food”, which for many people is way harder than it looks! Ask yourself the following question; “Do you know exactly what that food looked like in nature?” If the answer is yes, then it’s probably food. If it had to go through three or four (or 24!!) steps to get there, it’s not food anymore. Ever picked an Oreo off a tree? How about a piece of bread (like we see in a recent commercial)? Yup, even that bread went through many, many steps to make it into a package at the grocery store. The less steps it has to go through to make it to your table, the better! Try not to get caught up in the hype of marketing and labels either (high in vitamin C or high in Fibre), these are usually just marketing ploys to get you to buy a product. Enjoy a little of everything, keep it as minimally processed as possible and don’t focus on the “perfect” this or the “latest” that, that’s taking the essence away from whole, simple, real food.

Lesson two (and a tough one to learn sometimes), “Not too Much”. Simple enough in theory, but can be difficult to implement. Try and eat until you are full, not stuffed. Apparently the French don’t even have a word for “I’m full”, they simply say they aren’t hungry anymore. I think that’s a great approach to take! Just because a food is good for you, doesn’t mean you should stuff your face with it until you can’t breathe and you need to unbuckle your belt. Eating until you just aren’t hungry anymore is a good rule to follow. Eat. When you start to feel full, stop eating. Pretty simple. If you are hungry again an hour later, eat some more. Just make sure it’s all real food! Learn to listen to your body and its signals. When you start doing that, maintaining an ideal weight and excellent health is easy. (Please note, if you are still having sugars, processed foods, artificial sweeteners, excessive caffeine or alcohol, you may not be able to listen to your body’s “full” signals at all! These foods can disrupt normal brain signalling - not good. Cut out the non-food

items that mess with your “I’m full” signals and it’s just like pressing the “reset” button!)

And finally lesson three; “Mostly Plants”. This is another area where a lot of us go wrong. The reality is, most of our non-plant based foods are highly processed meats and grains that are often full of additives and preservatives. Vegetables are a huge source of valuable nutrients for us! They help us maintain mineral density in our bones, support our immune system, keep our organs healthy and do a ton of other things that we haven’t even discovered yet. Did you know that studies done on supplemental vitamin C do not produce the same results as 1/100th of the same dose of vitamin C when eaten in a whole food. There is an amazing balance of nutrients that we can only get by eating whole fruits and vegetables. There is so much we still don’t know about our food. We are discovering more and more every day, but we do know that eating lots of veggies certainly doesn’t hurt us! So go ahead and enjoy your homemade burger or a steak, but don’t forget to give some plants centre stage at your next meal.

Remember, change takes time. Start to really think about what you are eating, make educated choices, ask questions along the way; that’s how we all learn. If you want to learn more about eating REAL foods, come to one of my Real Food for Real Results seminars, I’d love to have you! Check out www.bodydesign.ca for dates and locations. Until then keep it simple and follow Michael Pollen’s great advice; Eat food, not too much, mostly plants.

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

Mount Albert Pet Sitter

In Home Care for your loved ones

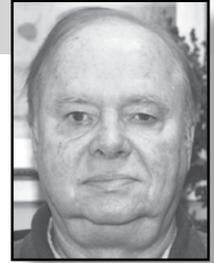


Amanda 905 716 4196

905 473 4196

mountalbertpetsitter@gmail.com

The Best Care For Your Pet



Renewing our New Year's Resolutions

Soon we will be smelling fresh flowers, cut grass and other spring routines will begin. Spring time is a period of renewal (perhaps of those forgotten New Year's Resolutions), fresh starts and new beginnings. It prompts us to want to refresh our surroundings and clean up. One ritual we often think of is spring cleaning.

Spring cleaning is truly about refreshing and rejuvenating.

In addition to sprucing up our physical surrounding this is a time we should also give needed attention to renewing our mental health. Taking care of yourself enhances life in so many ways throughout the entire year.

Spring cleaning should take on the role of assisting you in achieving changes and goals that benefit you! Spring cleaning, or the cleansing process, is just as much about the space around us as it is about our mind, body and spirit. Without the latter our attempts outside ourselves is limited and often fails to meet our expectations about the mind, body and spirit connection.

Having a clear and refreshed mind allows you to focus on a mentally healthier you. One way to cleanse this area is to renew our resolution list of what we want to achieve emotionally. Include dream goals as well as short and long-term goals. Make it so that, when you check things off your personal to-do list, you feel good about your accomplishments. Spring is when nature uses all that stored winter energy to burst forth and become more active. As sprouts break through barriers, so should we.

When we think about enhancing the body we tend to think eating healthy and exercising regularly. Yes, these things are very true and must not be overlooked as essential components to enhanced mental health.

One's spirit is the fundamental area for cleansing. Ensuring a renewed spirit supports the lasting effects of personal spring cleaning. Yoga and meditation often lend themselves to the cleansing process. Meditation, by definition, can be used to enhance one's personal development. Spending just a few moments each morning participating in these activities can enhance your outlook and achievements throughout the day.

Spring cleaning for your mental health is about cleansing yourself so that you can make way for new beginnings and renewed resolutions. Mental health is important because when we are distressed, not only is our mind affected, but our physical health is also affected and our spirits are often disrupted. Now is the time to start your spring cleaning for renewed emotional health.

Design your own course or call upon the help of a professional.

New beginnings, spring's gift, allow us to create an enhanced life and one in which we are in control of our emotions, feelings and actions; thus creating personal growth through the mind, body and spirit connection, which in turn allows us to appreciate the beauty and joy within and around us.

Renew your resolution list by starting anew. *Raymond Mark has lived in East Gwillimbury for over 30 years. He is a psychotherapist in private practice. He has enjoyed coaching minor softball and has an interest in photography.*



Community Martial Arts
Shotokan Karate, Kick Boxing, Self Defense

KARATE for kids,
teens &
adults

New members welcome anytime!

Tuesdays & Thursdays @ Mt Albert Royal Canadian Legion
905-852-5986

www.CommunityMartialArts.ca

Striving to make the world better by making people better.

YOGA

with
JOANNE ROYCE
certified Yoga Instructor

Beginner & Intermediate Classes

Day and Evening Classes available

Classes will run for 8 weeks starting on May 5th

** Call Ahead - Space Limited **

Sharon, ON

905-478-8245
yoga-with-joanneroyce@rogers.com



Building a better community: TOGETHER!



NeighbourhoodNetwork
Building Better Communities Together

Strong communities require the participation and support of the people who live and work there. As promised, I would like to introduce you to the myriad of organizations, clubs and committees working out of East Gwillimbury. If, over the coming months, I have missed highlighting your organization, please feel free to give me a call.

Where to start? The obvious place is in Sharon at our Civic Centre. The Mayor and Council are always looking for input and expertise from community members and so have created a number of advisory committees for the purpose of "providing advice and recommendations to Town Council and staff". That quote comes directly from the town website www.eastgwillimbury.ca which provides a much more detailed description of each committee than my limited space provides.

Let's begin with those committees which are Council approved. Membership for these committees does not require a "hands up" or "step forward" approach to signing on. Instead complete an application form available on the Town's website. That application is directed to the deputy clerk and then goes to Council for approval.

The current advisory committees you might be interested in are:

Farmers' Market Advisory Committee: the Farmers' Market is entering its third season, encouraging community members to "shop locally" and in support of our local farmers with the "100 mile diet". It's worth getting up early on a Saturday morning!

Car Show Advisory Committee: if

you are a car enthusiast, this is the committee for you! Every Saturday from mid May to mid September the members host the "Cool Country Cruise In" at the Civic Centre in the early evening.

Trails Advisory Committee: there are five hiking trails of varying lengths in East Gwillimbury and more in the planning stages thanks to the efforts of this committee which is committed to the creation, preservation and management of current and future trails.

Environmental Advisory Committee: the three R's provide the cornerstone to this committee's mandate. Quite simply, all communities know that quality of life for the future is dependant upon our efforts to conserve energy, reduce pollution and make our environments green!

Accessibility Advisory Committee: East Gwillimbury strives to be a "barrier free" community to all its citizens with disabilities. Key to this effort is the Annual Accessibility Plan created to provide "equal opportunities and access" to those with disabilities.

Santa Claus Parade Committee: hours and months of preparation go into the planning of this popular event! And many, many volunteers are needed to ensure a fun, but safe day. If you don't want to commit to being part of the planning process,

consider signing on for the day as a traffic marshal, a dress up character or as a helper with the after parade events.

These are a sampling of the committees you may be interested in looking into.

Do you have the interest, skills or expertise to sign on with one of the above committees? Not to worry ... there is a great deal of support too. Each of the committees has a Council liaison who attends meetings, as well as a staff contact/ support person. I encourage you to "Step Up and Give Back" to our community, and volunteering through local committees is a great way to do so!

Check back next month when I will highlight some additional Town of East Gwillimbury organizations that contribute to the quality of life in this great community!



**MOUNT
ALBERT
VETERINARY
HOSPITAL**

Dr. "Bob" Prendergast
Full Service
Animal Hospital

Mon, Wed, Thurs
& Fri 8am-6pm
Tues 8am-7pm

Grooming by Denise
19144 Highway 48
Mount Albert
(Across from Home Hardware
Building Centre)

905-473-2400








Raspberry Cream Cheese Turnovers

Puff pastry is one of my favourite “cheats” in the kitchen. It bakes up into flaky, golden goodness and can play the part of savory or sweet. These turnovers have a cheesecake-type middle with the sweet/tartness of a good raspberry jam all wrapped up in a flaky parcel. Special enough for an Easter weekend brunch but easy enough for any day. Makes 8.

4 oz (60 g) cream cheese, at room temperature
 2 Tbsp (30 mL) granulated sugar
 1 egg yolk
 1 package butter puff pastry, thawed
 ½ cup (125 mL) thick raspberry jam
 1 cup (250 mL) icing sugar
 2 Tbsp (30 mL) water



Preheat the oven to 400 F (200 C). Line a large baking sheet with parchment paper.

Combine the cream cheese and sugar in the bowl of a stand mixer fitted with a paddle attachment and mix for 1 minute. Add the egg yolk and blend for another minute. Set aside.

Roll the puff pastry into a 10-inch (25 cm) square (if the puff pastry isn't pre-rolled). Cut the puff pastry into 4 equal squares. Place about 1 heaping tablespoon cream cheese mixture in the centre of each square. Top with 1 tablespoon raspberry jam. Dampen the edges of each square and fold over to form a triangle. Press the edges together tightly. Place the turnovers on the prepared baking sheet. Repeat the process with the second piece of puff pastry.

Bake the turnovers for 25 minutes or until they are golden brown. Remove from the oven and allow to cool on a baking rack for 10 minutes.

Combine the icing sugar and water in a medium bowl. Add more water a teaspoon at a time if necessary to make a thick but pourable icing. Place the icing in a small piping bag (or a small plastic bag and snip the end off) and pipe the icing in a zig-zag pattern over each of the turnovers. Serve warm or at room temperature. These are best eaten the day they are made.

Moira Sanders is a local food expert who is currently working on her second cookbook, due to be published this summer by Whitecap Books. Moira can be reached at moira@moirasanders.com.



Vinces
MARKET

Three Locations to Serve You:

869 Mulock Drive	19101 Leslie St.	234 Toronto St. S
Newmarket	Sharon	Uxbridge
905-853-3356	905-478-8241	905-852-2442

Spring is coming!



CALL TODAY TO
BOOK YOUR
SPRING DUCT
CLEANING!

Elias Heating & Air Conditioning is also your local source for sales & service of: gas furnaces, duct cleaning, heated flooring, water softeners, pool heaters, and more!

Go Tankless this BBQ Season!



We can have you
GRILLING IN STYLE
all summer long with a
gas line bbq hook up!



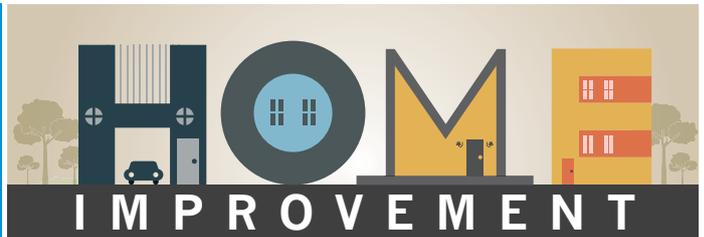
24 Hour
Emergency
Service

Service &
Installations
of all makes
& models

ELIAS Heating & Air Conditioning

(905)473-4054

20473 Hwy. 48, Unit B, Mount Albert
www.eliasheating.ca



Avoid these common home renovation mistakes

Be aware of a common misstep made by homeowners when it comes to getting the best price for their house. While customizing your surroundings is a desirable way to make it your own, consider how much is too much, says Ralph Steven, a broker with Royal LePage Atlantic. "I always advise against over-personalization and to keep future buyers in mind before you leap into any renovation project." Steven suggests the following:

Avoid customized heights for kitchen and bathroom countertops. A tall or short person may be inclined to customize counter heights to accommodate their stature. This is never a good idea. Don't deviate from the standard countertop height of 36 inches as you will limit your potential to find future buyers for your home.

Don't over-reno-vate. As a rule of thumb, only renovate to the same level as your neighbours. Pouring additional funds into renovations, particularly amounts in excess of similar homes around you, will affect your situation when it comes time to sell. If your home has to be priced well above the average resale prices of homes in your community, it could make it harder to sell or require more time on the market.

Keep that bathtub. Many homeowners renovate a small bathroom to make it more roomy by replacing a tub with a large shower. While that's a great option if you have a bathtub in another bathroom, it's never a good idea to leave your home tub-less. Potential buyers look for ways to bathe small children or perhaps take a healing soak when needed.

- Article courtesy: *Newscanada*.



MARTIN DESIGNS

Susan Crema-Martin Master of Real Estate Staging

Home Staging Services
Interior Decorating
Colour Consultations

905-717-7865
susan@martindesigns.ca
www.martindesigns.ca

Paint your way into spring with trendy colours

Spring is the time to lighten up, and there's no better way to get ready for the season than with a fresh coat of paint in your home. An abundance of inspiring hues are in full bloom right now and Sharon Grech, the colour and design expert at Benjamin Moore, shares her favourite colour palette picks, as follows:

All about blue: It is the colour of sea and sky, and it's a top choice for paint and accessories this year. In fact, Benjamin Moore named Breath of Fresh Air, a light, ethereal blue, its 2014 Colour of the Year. Breath of Fresh Air accompanies a palette of 23 Trend Colours that both stand on their own and work in harmony, allowing the transitions of spaces and colours to flow seamlessly. "This is a direct result of the fresh colour cues and pastel trends we've seen throughout the home furnishing, fashion and even pop culture landscape," says Grech. "This colour has a filtered, nostalgic air that lends itself to any room in the house and is the perfect coloured neutral. Paired with classic grey or camel textiles and burnished metals, it feels freshly sophisticated. Plus, when paired with white," she points out, "it's simply serene."

Pastels continue to please: Soft pastel shades are a popular choice among designers and homeowners alike, as they bring an instant sense of relaxation to any space. When choosing pastel paint colours for the home,

Grech recommends Lavender Mist, especially when accentuated with crisp, natural linen textiles and pops of natural greenery for a look that is fresh and inviting. For a delicate and feminine look, Peach Parfait is a sweet and soft choice – and to keep the final result from being too saccharine, pair this peachy-pink tone with a complex grey to add weight to the space.

- Article courtesy: NewsCanada.

Present this coupon at
The Corner Decor & More to receive

\$6 OFF gal

Ben, Aura, Regal, or Natura Paint

Coupon expires May 31/14. Cannot be combined with any other offer.



The Corner Decor & MORE
19124 Centre Street, Mount Albert
905-473-6588

Benjamin Moore 



DIAMOND CUSTOM SHUTTERS

OVER 20 YEARS EXPERIENCE

- Free Estimates
- Buy Direct from Factory & SAVE
- Free Installation
- All Work Guaranteed
- Interior Wood Shutters
- Mobile Showroom



Specializing in California Shutters

Call

DON ASH
Sales Manager

905.836.9241

Add custom shutters to your list of home improvements!

See us at Booth 108 at the Georgina Home & Lifestyle Show, May 9-11, Georgina Ice Palace

141 Toll Road, Holland Landing, ON L9N 1G8

www.dcsutters.com



Newmarket Olympian has sights set on next four years

Gabrielle Daleman has spent approximately 10,000 hours on the ice, and she's only 16.

The Newmarket native recently returned from Sochi, Russia, where she was the youngest Canadian Olympic athlete to compete in the 2014 winter games.

Born and raised in Newmarket, Gabby began figure skating at only four years of age, after her parents Michael and Rhonda, decided to enroll her in the sport.

The teenager immediately fell in love.

"Once she [Rhonda] got me on the ice she couldn't get me off," said Gabby.

At the young age of eight Gabby began telling her parents she was serious about skating, setting her sights on winning competitions.

Up until recently Gabby attended Pickering College in Newmarket, where

she began her education in junior kindergarten.

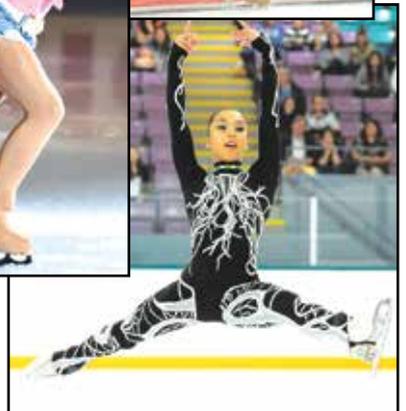
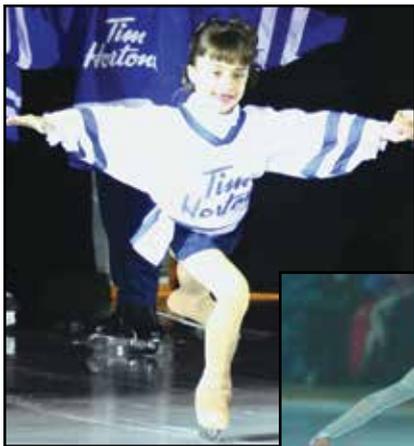
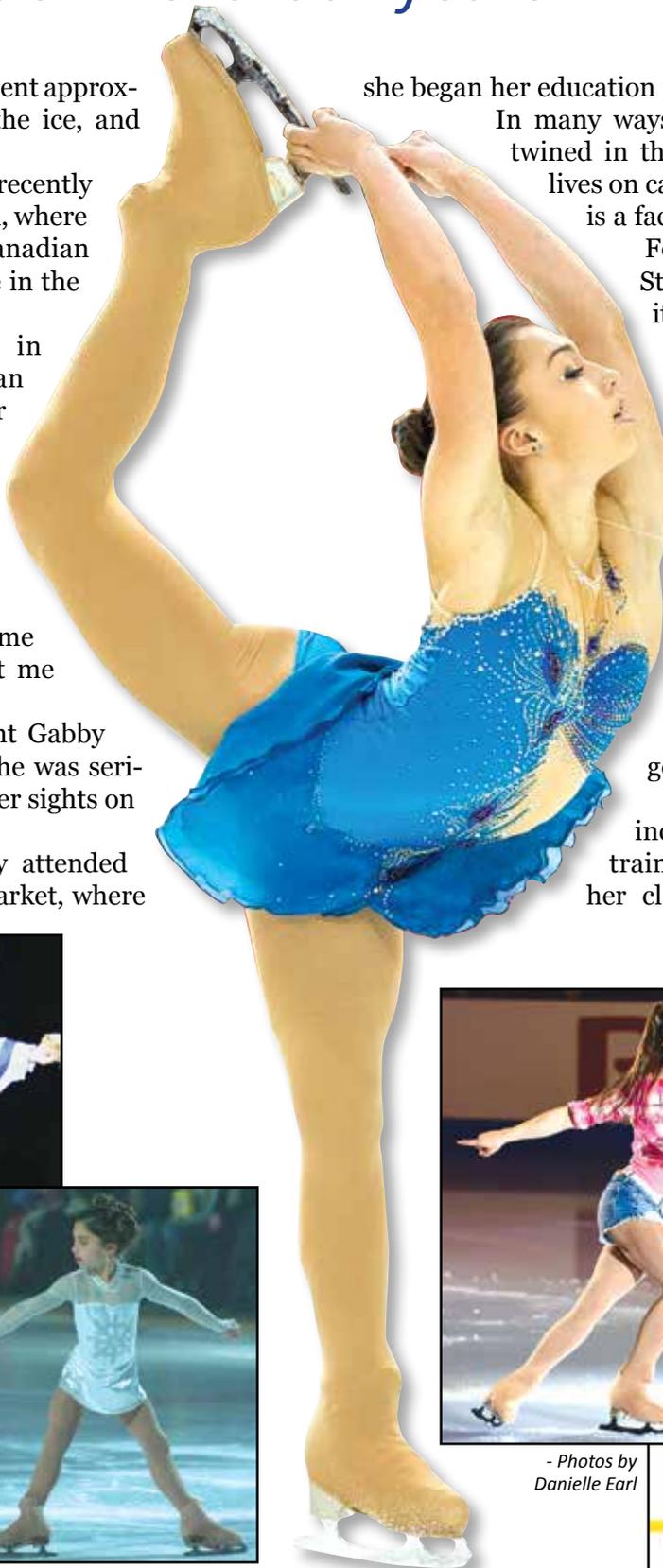
In many ways the school has been intertwined in the skater's life, as her family lives on campus and her father Michael is a faculty member on staff.

For school headmaster Peter Sturupp, watching Gabby make it to the Olympics was like watching one of his own children achieve their dreams.

"It was thrilling to know she was achieving her dreams, especially so young, and we [wife Lisa and I] were so very proud of what she was doing," said Sturupp.

Now the Grade 10 student spends most of her days in Richmond Hill, where she both trains and goes to high school.

A typical day for Gabby includes waking up early for training preparation, attending her class-



- Photos by Danielle Earl

- Submitted photos

es, skating for a few hours, off-ice training, homework and sleep.

The schedule may seem intense and unusual for most teenagers, but for the figure skater it has all paid off.

On January 12, Gabby was named to Team Canada, after placing in the top two at the Canadian Nationals in Ottawa.

It was the day before her sweet 16 birthday.

"I was really happy, it was an honour to represent Canada," she said. "It was really great being with all the other athletes."

Participating in both the opening and closing ceremonies, the entire experience was memorable for the young skater.

During the Olympic games Gabby felt a mix of emotions, including excitement and nervousness.

Although her family, including her younger brother Zachary, travelled overseas with her she wasn't able to spend much time with them, as her days were kept pretty full.

With many championships under her belt, including winning the 2012 Canadian Junior Championships and earning silver at the 2013 Canadian Championship, the Olympics proved to be a real test for the focused skater.

After a strong short and free skate, Gabby finished 17th out of 24 skaters.

"I did well, under the circumstances. I know I could do better but I'm happy with the way it went," said Gabby.

During the Olympics staff and students at Pickering College gathered in the athletic gymnasium to watch Gabby skate and cheer her on.

The idea, which stemmed from the school's director of admissions and marketing, was a way to show Gabby that her PC family was behind her.

"I remember watching her skate one day about five



- Photos by Danielle Earl



years ago (she would have been about 10 or 11) and was amazed at her power and skill and determination. Although I am not much of an expert in figure skating, I knew at that moment that she had the talent to go all the way. She has also been an incredibly determined and disciplined person when it comes to preparing," said Sturrup.

The experience was just a start for the skater, who plans on competing in two if not three more Olympic games.

With a supportive family and group of friends by her side, Gabby is hoping to one day come home from the Olympics with a gold medal.

Sturrup believes a PC education instills character traits and life lessons that shape future Olympians like Gabby.

Apart from teaching students to have big dreams to change the world, the school also teaches them they are capable of achieving those dreams, said the headmaster.

"We teach that failure is part of the learning process and that resiliency and courage and determination are as important as natural talent and skill," said Sturrup.

Going forward, the school principal would tell Gabby on behalf of PC that no matter how she does they are all very proud of her and how far she has come.

"I would tell her that no matter how she does, that setbacks are a part of the learning process and that overcoming obstacles is the most important part of the learning process to become a champion," he said.

Following her return from Russia, Gabby had little time for a break, as she immediately began preparing for her next big competition, the World Championships, which took place in Japan at the end of March.

Many years down the road, when Gabby is done with competing, she hopes to coach figure skating, keeping the sport a part of her everyday life.

But for now she is just enjoying what every day on the ice brings her.

Winners of Newmarket's 48th annual HOUSELEAGUE tournament peewee division

After a three team round robin in the 'B' division the three teams - Georgina, Mississauga and EG - ended up in a three way tie. EG went through to the finals against Newmarket from the A division based on having the best goals against.

Nolan Cairns scored the first goal for EG In the second period but Newmarket quickly equaled the tally. It was not until the last minute of the third period that Zakery Sylvester sealed the game for EG.

The picture above from left to right (starting in the back row): Coach Murray, Carter Seline, Eddie Hill, Coach Steve, Nolan Cairns, Chevy Beaton, Carson Teel, Coach Mark, Coach Jeff, Zak Sylvester, Sam Lorimer, Brett Newman, Damon Milos, Regan Hughes, Benjamin Forno, Alex Wichert.



EG coaches highly recommend the tournament to all house league teams. Michael Dukart and Trevor Ross put on the best HL tourney in the area and we look forward to seeing them next year.

Steve Hughes, EGMHA

E.G. Eagles Bantam AE win Championship



Success! The East Gwillimbury Eagles Bantam AE team are the 2013-2014 York Simcoe Minor Hockey League Champions. In what was a spectacular playoff run, the Eagles went an astounding 15-0 in the post season. The team

this year worked very hard under coaches Randy Courts, Mark Simpson, Dom Diblasio and Rich Gridsale, producing what would be the best record achieved by this group of 99's since they started playing Rep hockey. With this success comes the opportunity to claim Central OMHA superiority in the York Simcoe vs. Lakeshore Challenge April 5-6 in Alliston. This year marks the 2nd Annual Central OMHA Championship where the winners from York Simcoe will playoff against the Lakeshore winners in a 2 game series. The team will be competing against the winner of the Lakeshore hockey league that includes teams from Uxbridge to Peterborough and Pickering to Quinte. Congratulations Eagles!

- Michael Donnelly

My RRSP Portfolio has returned 12.1% per year* since 1999 ... Has Yours?

The Canadian Income Plus Portfolio is a **lower risk** portfolio of "Blue Chip" Canadian stocks & income trusts designed for **conservative investors** whose primary objective is **dividend income** with modest capital appreciation.



For more information contact:
Owen M. Smith HBA, BSc.
Senior Investment Advisor
905-898-4228 ext. 117

HollisWealth

17345 Leslie St.,
Newmarket, L3Y 0A4
owen.smith@holliswealth.com
www.osmith.holliswealth.com

HollisWealth is a division of Scotia Capital Inc, a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada. TMTrademark of The Bank of Nova Scotia, used under license.

* Annualized since inception Sept. 1999 to Nov. 2013. Returns calculated on a total return basis including dividend income. Historical performance is not necessarily indicative of future performance.



Spring into Riding at Harrogate Hills Riding School Sunday May 4th, 2014

- Free Admission
- Prizes & Draws
- All Ages Welcome
- Informative & Interactive
- Refreshments

10 am to 2 pm



Ask about our Summer Camps!

Pre-Register for a FREE Riding Assessment!

905-473-3847
www.harrogatehills.com
18786 McCowan Road
Mount Albert



The Magic of Flight

Air travel is something I have never been able to reconcile with my logical side. It seems to be made of magic and cosmic rays.

I live on a direct flight path to Pearson and sometimes in the evening I stand in my backyard to watch planes, roaring as they pass over, one a minute. I lean against a fence post wondering where they are coming from and what kind of controlled chaos must happen at the airport as they all circle and land. The stars shine almost as bright as the headlights and I lose myself in the fancies of someone who loves to fly, to touch new places and meet new people.

Sometimes I think about my mother coming to Canada after WWII on a ship. That trip took her family over a week. When they arrived here they had no hope of going back. It took too long, was too expensive and there was nothing left for them there. Now, if she was inclined, she could step on a flight at Pearson and step off 9 hours later in the European country of her choice. Flight, isn't it amazing?

It is not all magic and mystery. Flying uses lots of precious earth resources and gives people an experience not unlike that of tinned sardines. Sardines though, are uniform shapes and seem to fit much better than we do. On the other hand, flying moves us in ways that could not have been imagined just a few decades ago.

I love waking up in my own bed early in the morning, climbing into the car before the sun is up and heading to the airport. Later that night, usually much later, I go to sleep some place totally different. The magic of air travel drops me into a different time zone, province, country or even a different culture. A few weeks ago, I left Toronto, flew to Ottawa and then headed over northern Ontario, Manitoba, Saskatchewan, and into the Northwest Territories to Yellowknife for a quick drop

off and pick up, and then an hour later to the Yukon and Whitehorse. I spent two weeks in my daughter's home surrounded by the energy of

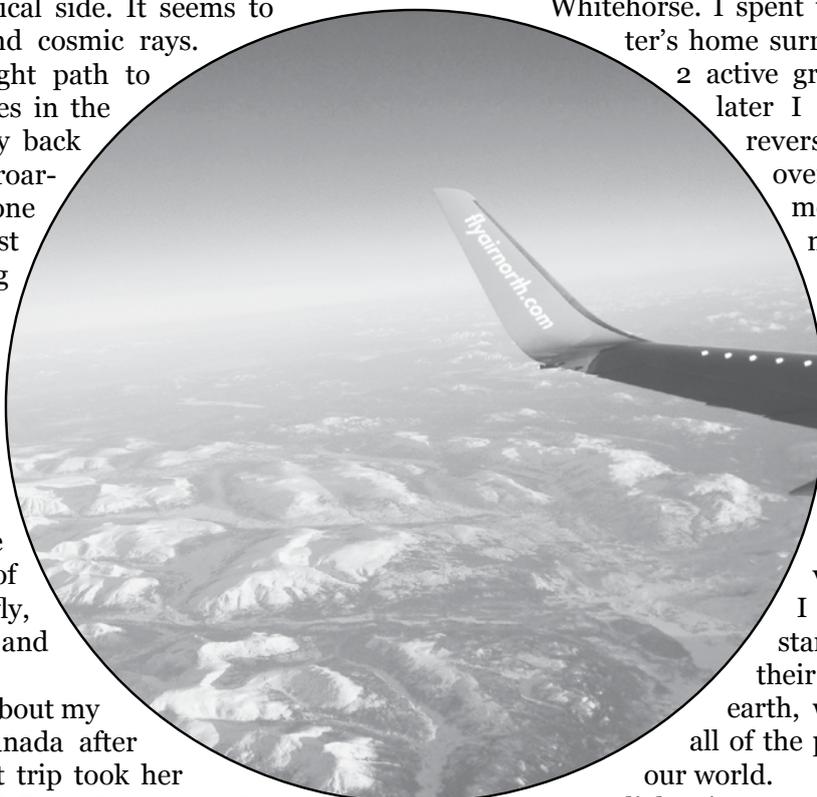
2 active grandchildren. Two weeks later I did the whole thing in reverse. I saw day breaking over jagged snow covered mountains, plumes of fog misting off the impressive Victoria Falls on the Nahanni River, and the vast plains of the north. My nose was flattened against the glass chilled by the outside temperature at 37,000 feet. I was blown away by the grandeur and the vast area of our country.

I thought of astronauts staring out the portholes of their craft, gazing down at the earth, whole, round, filled with all of the potential the problems of our world.

Flight gives us a different perspective on the place we live. From the air we see the big picture. Look how far away we are from the cities and the people, how we skim over mountain tops, prairies and lakes. It all looks so empty. Flying out of Toronto, at first you see the cars and can almost hear the noise of the city but soon you are above all of that. All of the problems, the every day things just drop away and become smudges on the map. Time loses all meaning. A trip that might take days of full-time driving can be done in hours.

Flying pushes you up against others. I go stand-by and often arrive at the airport early. That is when you start to realize that there is a difference between morning people and people who have to get up early to be at work at 5am. I'm not a true morning person so I appreciate a security guard who can smile and make my day. On the other hand, although I have heard that airports are great places for pick-pockets and rip off artists, just before my flight to Frankfurt I saw a janitorial staff member chase a woman who had dropped her passport.

Continued on Page 30.



Royal Canadian Legion publishing new military service recognition book

This month I am letting you know that Royal Canadian Legion is pleased to be publishing its first "Military Service Recognition Book". A book that will assist in identifying and recognizing many of our Veterans within our Community and the Province of Ontario who have served our country so well in times of great world conflicts (WWI, WWII and the Korean War). Peacekeeping Missions as well as recent conflict in Afghanistan. Submissions are Not to be just from our traditional Veterans, but from All Veterans, not just a chosen few.

With the help of our Veterans and their families and friends, the first book is scheduled to be published and released in September of 2014. All submissions must be in by May 1st, 2014. Copies of this unique publication will be available to view at our over 400 Legion Branches in Ontario, and copies will be provided to public and school libraries to help our younger generation better understand the sacrifices made by our Veterans. In addition, electronic versions of our annual publication will also be available through Ontario Command Legion website.

Equally important is that the proceeds raised from this annual project will be used to support Legion programs and communities across Ontario.

Submission Forms can be downloaded at: <http://www.on.legion.ca> or can be picked up at the Legion located at 31 Princess St., Mount Albert.

Please take the time to check out the Legion website, read the submission form and submit any names of relatives or friends, so that we can produce the best

book that we can to forever keep the knowledge of our Veterans and the sacrifices they made in the minds of our children.

Continued from Page 29.

She was in an early morning fuddle and accepted it from him without thanks. I could only think, oh wow, what if he hadn't seen it drop? Where would she have been? His effort, even though it was unrewarded, warmed my heart.

I have traveled a lot this winter. I love going to new places and meeting new people. I love the surge of a plane just before its wheels leave the runway. It is a thrill every time. Not long ago a friend said to me, "if someone clipped your wings you would die wouldn't you?" My first response was, "Yes, of course." During my long trans-Atlantic flight I thought about it and I have changed my mind; no, I probably wouldn't die but I would lose the perspective I get when I sail over the top of the world. Everything seems smaller from up there, the world below, problems, and issues. The GPS screen shows the flight path through a screen that is green, blue and uncomplicated. It is a good place to be.

I wrote this somewhere between the sky and the Atlantic Ocean. As we sailed over the clouds and turbulence I couldn't see the ocean but I knew it was there. The sun shone above me but night was coming. A full moon and stars would appear, lean down and peek into our little portholes. Because of our air speed that moon would follow curiously watching all night, never changing its position in the sky, until we landed in Germany.

Before I ever arrived at my destination I had had a full day seeing things that changed me as they do every time I am up there.

As much as I love standing on the earth and looking at the miracles of the land, I am grateful for the perspective that the magic of air travel gives me and glad that my wings have not been clipped, at least not yet.

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

THE PET NANNY

Need pet sitting services?

Contact Lynda Annall

t: 905-473-6708

c: 905-830-2487

e-mail: lannall@xplornet.com



**Eat your chocolate
then come to church**

**Easter Sunday Service,
April 20th, 10:30 am**

**Mount Albert United Church
41 Alice Street, Mount Albert
905-473-2562**

Check www.mauc.ca for other
Holy Week and Easter Services

**The United Church:
A sugar-free Easter
alternative**

kw

KELLERWILLIAMS.

REALTY CENTRES, BROKERAGE
INDEPENDENTLY OWNED AND OPERATED

16945 Leslie Street, Units 27-29, Newmarket, ON L3Y 9A2

Bus. 905-895-5972

Direct: 416-209-9244

Email: jill@renshaw.com

www.homestoview.ca

*Committed to a Superior
Level of Service*

With an Award Winning Background for
over 30 years I can put my experience to
work for you!

- Proven marketing systems
- Deep understanding of local pricing
- Use of modern real estate technology
- Personalized Service with proven track record

Jill
RENSHAW, A/R/SRS
BROKER
www.HomesToView.ca

SRS



SELLING OR BUYING?



**Through the Hayes
Now on Page 13.**

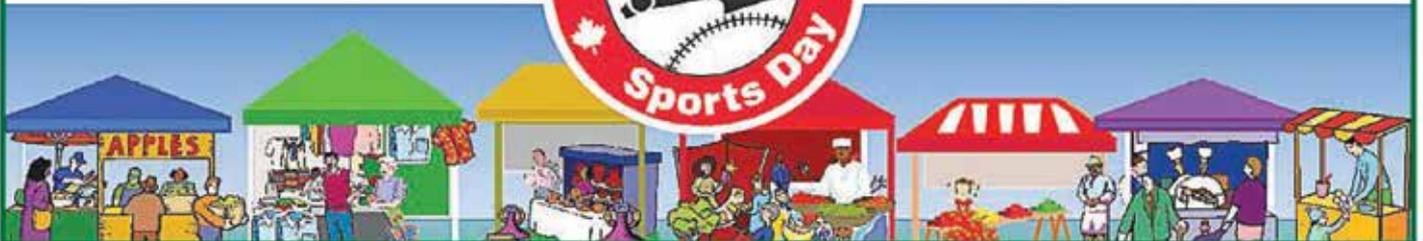
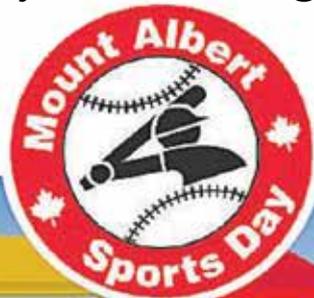
Advertising in The Bulletin is a great way to spread the word
about your business. To advertise in the May edition, please
call (905)473-3093 or email: info@thebulletinmagazine.com

VENDORS, ARTISANS, CRAFTERS, COMMUNITY GROUPS

Register now for the all new Vendors' Street Market June 7th and 8th
and be part of the excitement of the 2014 Mount Albert Sports Day & Spring Fair.

Just outside the main gates, for \$35 per day, your 10 ft. booth space
will provide lots of exposure for your product or service.

For complete info and registration form visit mountalbertsportsday.com,
or contact jeff.sharon.avard@gmail.com



Lee Lander

BROKER



9 Jennifer Cres.*



50 Laurendale Ave.*



28 Georgina St.



28 Lindsay Ave.



9 Lilly McKeowan Cres.



44 King St.

We Get It...



* Represented the Buyer in this transaction

Lee Lander
BROKER

Shai Lander
SALES REPRESENTATIVE

Direct 289.231.0937

Office 905.895.5972

LeeLander.com



KELLER WILLIAMS
REALTY CENTRES

BROKERAGE INDEPENDENTLY OWNED AND OPERATED



TOP 1% OF KW
REALTORS FOR
2012 & 2013

Not intended to solicit buyers/sellers currently under contract.