

East Gwillimbury's

Bulletin

MAGAZINE

Since 1998

April 2015, Vol. 17, No. 3



INSIDE:
East Gwillimbury
Announces Community
Torchbearer for Pan Am
Games Torch Relay



How a Cat Creates Community...

Mount Albert's favourite furry friend Beemer teaches us a lesson about friendship.



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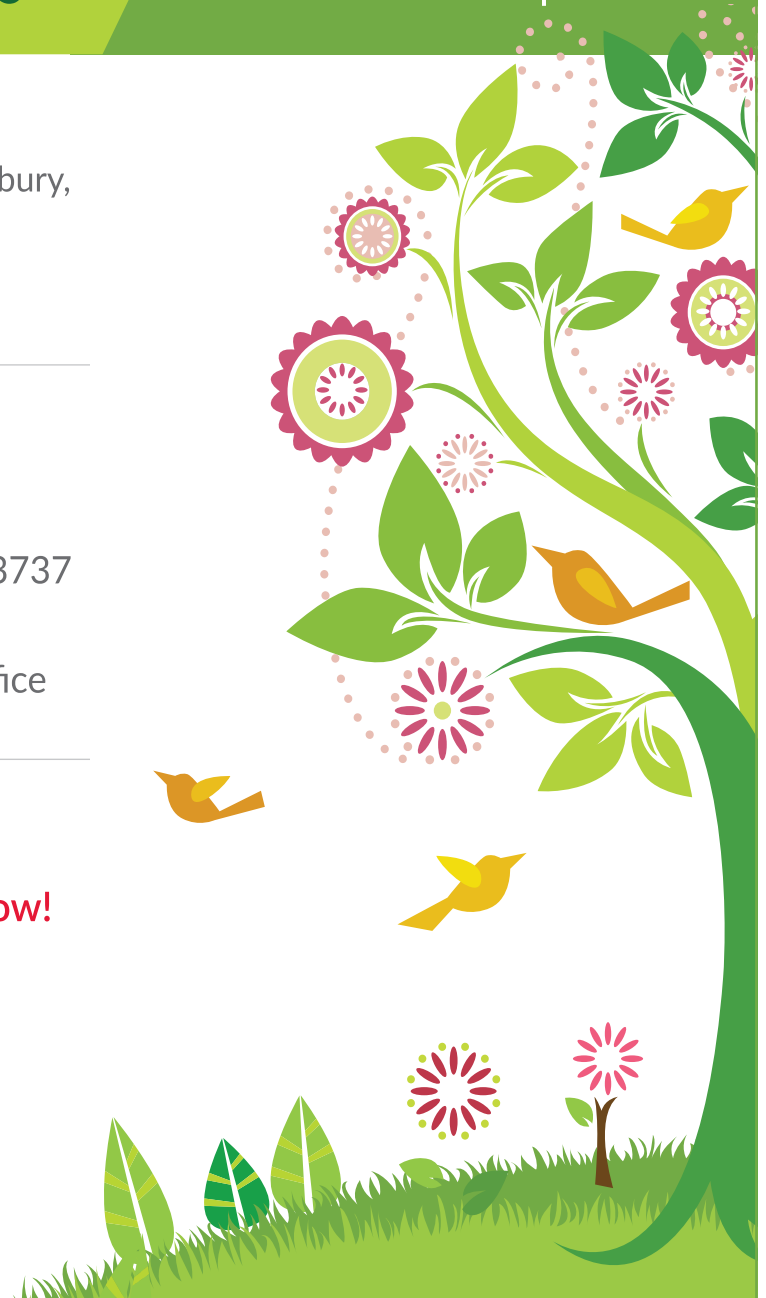
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- ▶ **COMMUNITY MEMBERS**
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 - ▶ **HIGH SCHOOL STUDENTS**
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-

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A Hairy 'Man About Town' wins over Mount Albert Merchants

I know what you're thinking - there's a cat on the cover of the Bulletin this month.

A cat.

We went from Glass Tiger in December, Whipper Billy Watson in March, to... a cat.

But as I'm sure many of you reading this are aware, this is no ordinary kitty. Meet Beemer, a cat that was

abandoned some years ago, and won the hearts of a handful of Mount Albert merchants.

Beemer is well taken care of now, with a daily routine that has become familiar to many locals. And the more you talk to the people who share ownership with him, the more you realize they love him as much as he loves them.

As it should be.

You can read all about Beemer in Vicki Pinkerton's 'Circles' column on Page 8.

And speaking of Whipper Billy Watson, I'd like to say thanks to those of you who gave positive feedback about the story. I didn't realize there were so many East Gwillimbury residents who met and had been influenced by him in some way. We have a few more lengthy feature stories already in the queue and coming up this summer and fall.

In the meantime, our upcoming May issue will have our annual Home & Gardening section in it full of tips, columns dedicated to gardening and outdoor maintenance, and so much more!

Saturday, April 25, 2015 is the

East Gwillimbury Women's Show with all proceeds going to Southlake Hospital. This is one cause that we should all support (and one that the Bulletin wholeheartedly endorses). No matter who you are, you know someone - a friend, family member, neighbour, or yourself - who has required some degree of care from Southlake.

We'd like to hope we'll never end up visiting the hospital for any reason; circumstances often dictate otherwise. Please drop by the Women's Show at the Holland Landing Community Centre.

If you flip over to Page 5 of this issue, there's a chance for you to win a pair tickets to the show, courtesy of Sharon at Tangles Hair Salon & Spa.

And finally, a sincere thanks to all our advertisers who continue to put faith in the Bulletin month after month, year after year. We couldn't publish and deliver it to you 10 times per year for free without them. So the best way to support us is to support them.

Keep the feedback coming (we do accept both positive and constructive criticism), and take care.

East Gwillimbury's **Bulletin** MAGAZINE

Since 1998

www.TheBulletinMagazine.com

Editor:

Blair Matthews

Contributors:

Susan Crema-Martin	Michayla Fraser
Vicki Pinkerton	Valerie Liney
Raymond Mark	Alexandria Lipani
Lee Lander	Allan McGillivray
Susan Boyne-Bird	Kim Mortson

Published 10 times per year by:



PO Box 1092, Mount Albert, ON L0G 1M0

Email: info@thebulletinmagazine.com

Phone: (905)473-3093

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Advertising Contact:

Blair Matthews, info@thebulletinmagazine.com

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You can now reach **The Bulletin Magazine** on Facebook:

<https://www.facebook.com/EGbulletinmagazine>



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

Mount Albert Friendship Club for Seniors

Ross Family Complex/Seniors Meeting Room

First Tuesday of each month Bingo at 1pm

First Wednesday of each month Potluck Luncheon, General Meeting and Euchre from 12-4pm

Each Wednesday is Bid Euchre at 1 pm

Each Thursday is Shuffleboard from 6pm in the Gym

Each Friday night is Bid Euchre starting at 7pm

Please contact 905-473-3305 for further information.

APRIL:

Saturday, April 4, 2015

Mount Albert Village Association Easter Eggstravaganza 10am - 12pm

Gather at Kaylie's Kottage, and then various businesses in Mount Albert. There will be crafts and a community egg hunt. Please register how many children will be participating at events@mountalbert.com.

Sunday, April 5th, 7:30am, Sunrise Service & Holy

Communion (A Scrumptious Breakfast is served in the Lower

Hall following the Service) Sunday, April 5th, 10:30am, Easter Sunday Service - Mount Albert United Church.

April 10

Join your hosts, the Green Connections Network for a community film screening of Symphony of the Soil as we move into spring and thoughts of gardening. Drawing from ancient knowledge and cutting edge science, this film is an artistic exploration of the miraculous substance of soil. Held at Sharon Hope United Church, 18648 Leslie Street, Sharon at 7:30pm. Door prizes and discussion to follow. By donation.

April 11

North Union Community Centre Pancake Breakfast

8am - 11am, Adults \$5, Children (12 & under) \$2. 2624 Boag Road, Queensville. All proceeds to charity. For more information, call (905)478-4582.

April 15

Bereaved Families of York Region is hosting the 3rd Annual Purse Auction & Jewellery Party. April 15, 2015 6:30-9:30pm at the Newmarket Community Centre 200 Doug Duncan Dr. Tickets \$30 each. Evening includes – Silent auction, raffle, door prizes, local vendors, appetizers, desserts, wine tasting, wine cash bar, interactive presentations, free pampered massages, make-up and hair consultations and our emcee, Jennifer Ettinger. To order tickets call 905-898-6265 or go to www.newmarket.snappd.com and click on our event page to prepay for your ticket by credit card.

April 18

Shopping with a Purpose - 2nd Annual Fundraiser for 'THE FAMILY PLACE' (Mount Albert), 11 - 4. Door Prizes, giveaways, raffles, please join us to support a local organization. More info contact: sales@kaylieskottage.ca.

April 21

Community Luncheon at Mount Albert United Church,

Tuesday, April 21st, 11:30am-1pm. Continuous serve, \$7 per person. 41 Alice Street, Mount Albert. www.mauc.ca

April 22

Ham and Scalloped Potato Dinner/Great Desserts at the Zephyr Community Hall. Continuous serve, adults \$17, children 6-12 years old \$6; under 6 free. 4:30pm-7pm. For more information, call (905)473-3346.

April 25

Sharon Temple Wedding Open House - 1pm - 4pm

The Sharon Temple is hosting a first annual Wedding Open

House. Come on by to visit the historical site that offers a beautiful backdrop for your special day. Also visit with local vendors that can offer their expertise for your wedding. For more information, contact (905)715-0879, sharontemple.ca.

April 30

York Region Women's Wellness Circle

All women are welcome to join us for an evening of learning about our Sacred Money Archetypes with Saskia Jennings. We gather at Sharon Hope United Church - 18648 Leslie Street, Sharon from 7:00 - 9:30pm.

Cost is \$20.00. RSVP to karen@in-side-out.com * 905-836-2781 * <http://in-side-out.com/womens-wellness-york-region/>

MAY:

May 5

Seniors' Mother's Day China Tea Party - In celebration of Mother's Day, we encourage Mother/Daughter and/or Grandmother (must include a senior aged woman) to share their stories and insights with us. Tuesday, May 5, 7-8:30 pm \$10 each (905)473-1672.

May 9

Yard Sale to benefit local shelters.

8am to 1pm - Royal LePage Office in Holland Landing, located at 8 Bradford Street, will be hosting a family fun day and yard sale. All proceeds will be donated to local shelters. Those wanting to donate any items can do so at our office anytime after April 1st.

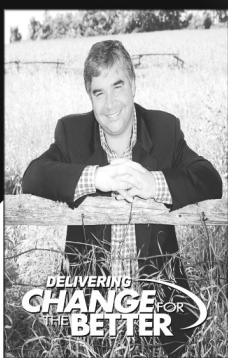
May 9

Plant and Yard Sale at Christ Church, Peter Street, Holland Landing. 9am - 1pm, baking & food available.

May 30

Elman W. Campbell Museum multi-family garage sale fundraiser. Saturday May 30, 8-Noon. Rain/Shine. 134 Main Street, South, Newmarket. Something for everyone. Cash only. If you have something you would like to donate, please contact us. For more information call (905) 953-5314.

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



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East Gwillimbury

Women's Show

www.egwomensshow.com



Saturday, April 25, 2015
10 am - 4pm
Holland Landing Community Centre
 19513 Yonge St., Holland Landing

The 5th Annual East Gwillimbury Women's Show is just around the corner. Door prizes, yoga, cooking demonstrations, fashion show, vendors, and much more!

Tickets \$5 each - available online, at the door or at Tangles Hair Salon & Spa (905)953-8980. All proceeds to Southlake Hospital.

If you'd like a chance to go to the Women's Show for FREE, we've got two pairs of tickets up for grabs.

All you have to do is send us an email with your name and phone number before April 15. We'll draw two names; each winner will receive two tickets.

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

Please contact us:
 (905)473-3093 • info@thebulletinmagazine.com

Around Town...



9th Annual Town-Wide Litter Clean Up Initiative

April 20-25, 2015

To register email: customerservice@eastgwillimbury.ca. Registered groups can pick up free garbage bags and gloves supplied by the Town of East Gwillimbury's Environmental Advisory Committee. For more event information visit www.eastgwillimbury.ca. Let's make East Gwillimbury a beautiful place to live, work and play.

Everyone Loves Free Stuff!

If you're on Facebook, definitely check out the group: Mount Albert Free Stuff. Got something you no longer need/want/use? Post it on the Facebook group (item must be located in Mount Albert). It's a great way to find gently used items, or do a bit of spring cleaning. I've used the group a few times recently. Note: no business posts allowed; items posted must be FREE.

www.facebook.com/groups/1420313744916878/

Electronic Waste Recycling Event

Date: April 11, 2015

Time: 10:00 AM - 3:00 PM

Location: 845 Green Lane E., East Gwillimbury

Bring all your unwanted or obsolete electronic devices.

What's Included:

computers & peripherals (cables and cords),
laptops, monitors, keyboards, copiers,
VCRs, copier/fax machines,
cell phones/pagers, printers,
scanners, hard drives,
TV, stereo & video equipment,
shredders, gaming consoles,
home theatre systems, radios,
telephones and more!

What's NOT Included:

Household and kitchen appliances; refrigerators, stoves, ovens, microwaves, air conditioners, vacuums, toasters, blenders, etc.

Georgina Pins & Needles Quilting Guild

The Quilting and Needlework Guild (quilting, knitting, crocheting, sewing, needlework, etc.) meets the first Tuesday of every month at Knox United Church, 34 Market Street in Sutton, at 7 pm. Enjoy guest speakers, demonstrations, workshops, and project sharing. Come join the fun.

Annual Membership Fee: \$30.00 - Visitors Fee: \$5.00. Call Deborah King for more information: 905-722-9256

East Gwillimbury Gardeners

EAST GWILLIMBURY GARDENERS meeting will be Tuesday April 21, 2015 at 7:30pm, at the Mt. Albert Community Centre, 53 Main Street: The evening speaker will be Dan Cooper, co-author of the book Gardening from a Hammock. The results of the 2015 Photography Contest will be on display. For more information call 905-853-7126. <http://www.facebook.com/eastgwillimburygardeners>, email: eggardeners@gmail.com or the OHA website at <http://www.gardenontario.org/site.php/eastgwillimbury>

East Gwillimbury Trail Walks 2015

Date: April 11, 2015 - 9:00 AM

Location: Zephyr Regional Forest tract

Meet at the Parking Lot north side of Holborne Road, east of Hwy 48.

Date: May 9, 2015 - 9:00 AM

Location: Holland River Trail, Green Lane

Meet at the Parking Lot on north side of Green Lane between 2nd Conc. and Leslie Street.

Redbox Rental Kiosk Gone

A year ago we wrote about the new Redbox dvd rental kiosk that was installed at Foodland. Recently the parent company of Redbox announced it was discontinuing its Canadian kiosk operations. The kiosk is still sitting in the front lobby at Foodland (and many other local locations), but its removal is imminent.

Stardust Drive-In Open for the Season!

It seems a little chilly to sit out under the stars, but the folks over at the Stardust Drive-In (formerly the North York Drive-In) are open for business!

If you've never been to the Stardust Drive-In, you're in for a treat! The atmosphere is friendly, and the experience will keep you coming back throughout the season.

And don't forget: cash only at the box office.

Location: 893 Mount Albert Road, Sharon.

For movie listings, visit their website: <http://www.stardustnewmarket.com> or find them on Facebook.

Around Town...

Clothing Drive at Mount Albert Public School

The Kidney Clothes Donation Program will be onsite to collect your re-usable clothing and other items including:

- Outerwear
- Boots, shoes, purses, hats and belts
- Linens, fabrics & draperies

Your donations will help raise funds for our school & support the Kidney Foundation of Canada.



DID YOU KNOW...

- An estimated 1.5 million Ontarians have or are at increased risk for developing kidney disease.
- The two leading causes of kidney failure are: Diabetes and Renal Vascular Disease (high blood pressure).
- 9,800 Ontarians are currently on dialysis.

**BRING YOUR BAGGED DONATIONS TO
SCHOOL BETWEEN APRIL 13TH AND 17TH.**



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

Spring Arts & Treasures Community Sale

Mount Albert Branch, Ross Family Complex
Saturday, April 11
10 am—4 pm

The sale offers a great assortment of new and gently used treasures from local artisans, families, entrepreneurs, and collectors. Visit egpl.ca for full details.

Author Visit & Book Launch with Andrew Hind & Maria da Silva

In 1952, the tranquil streets of Bradford were shattered when the infamous Boyd Gang robbed the Bradford CIBC, culminating in a dramatic shootout and high-speed chase. This dramatic event, and East Gwillimbury's role in the story, will be relived in an exciting 40-minute presentation.

Holland Landing Branch: Wednesday, April 29 @ 6:30—8 pm
Free. Please register.



Holland Landing 905-836-6492
Mount Albert 905-473-2472
www.egpl.ca



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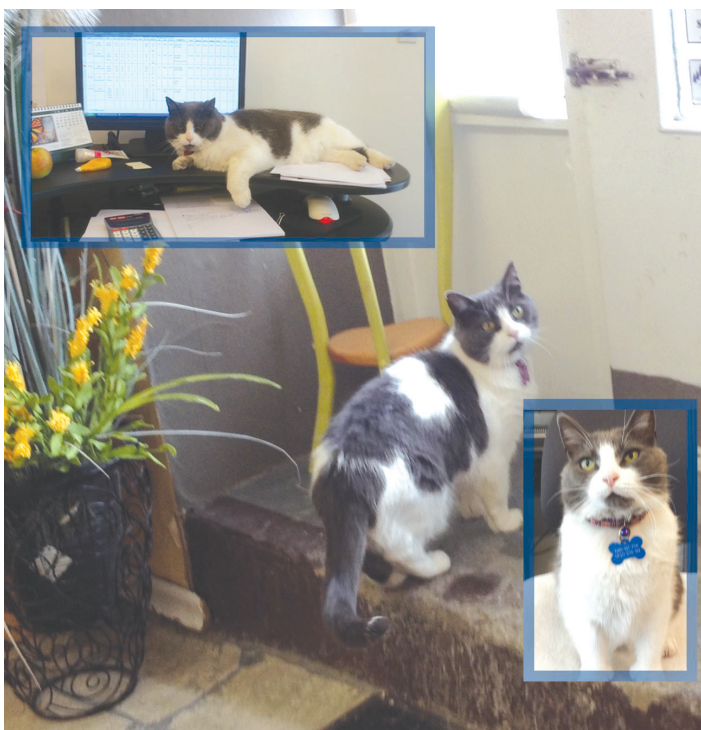


How a Cat Creates Community

Beemer the street cat, has, without so much as breaking a sweat, taken over the core of Mount Albert and created a community of supporters through his efforts over the past few years. His life started without event as a kitten. To look at him then, a gambolling ball of fluff, you wouldn't have guessed that he would grow up to be the puss of influence that he is now.

Always a handsome fellow, he moved into town with his family some years ago (there is some disagreement in the legend that is his life but perhaps 8 or maybe even 9 years ago). His family were nice people who loved him but when they left town, they were not able to take him with them so they gave him to the family down the street – who knows why. The reason for it is shrouded in the mists of time, but Beemer, after settling with the new family, discovered a wander-lust that has never left him. He spent less and less time at home and more on the streets.

A happy-go-lucky pan handler, he showed up at doors where there might be handouts and he often found his way to the kitchen door of the Pub wearing his pathetic,



I'm starving face. Always quick to purr and reward a handout with a cuddle, he became a favourite there and some patrons began to bring little treats just for him. Enter Pauline, who would play the Princess to Beemer's Puss. Pauline, the owner of Epernay, a business downtown on Centre Street, fell for his good looks and hearty purr. She wanted more of it and often brought special goodies for him to nibble. Soon he was a regular downtown.

Life may have gone on like that forever but something happened. Four years ago, Beemer disappeared off the streets. No one knew where he was. Not his owners or those who loved to see him around. The kids boarding the school bus in the morning missed his winsome ways. So did everyone else. Pauline and her co-worker Glenda put up posters all over town. They called the vets and shelters for miles around. No one had seen him. Had he crossed the road one too many times without looking both ways? Anyone whose life had been touched by Beemer was devastated by his loss. The corner of Centre and Main seemed quiet and deserted without him.

Then there was a break in the case. A woman in Aurora found a cat on her doorstep, beaten and abused; he showed up hungry and bruised. She took him in and brought him to a vet who, miracle of miracles found a microchip under his skin. His original owner must have had it put there when he was a kitten, and the vet contacted her. She pointed him back to Mount Albert where he had a short stay with Veterinarian Dr. Bob on Hwy 48. He called Pauline. Overwhelmed with gratitude and emotion, Pauline took him to her rural home where he spent the winter months in the warmth of her home recovering with her dogs.

Once the spring came, his wandering ways made him miserable in the house. She didn't want to let him out



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where coyotes and hawks might make dinner out of him, so she called Jan at The Corner Decor and More. They made an arrangement. Beemer sleeps there most nights and keeps her place safe, then during the day he goes out and is a town cat. He frequents Epernay, the Corner Decor and More and Christina's Shades of Beauty. He has a usual route during the day but he doesn't like to talk about the volunteer work he does around town so I can't exactly tell you what he is up to on a usual day.

During the 2014 municipal election Beemer toyed with the idea of running for Mayor. He had a poster made up and everything. Support for his campaign was astounding but he had second thoughts. As he talked to his loyal supporters, he realized that he was needed here, at the corner of Main and Centre.

On any given day you can find him helping customers choose paint and decorative touches for their homes at The Corner Decor, or suggesting hair styles at Christina's Shades of Beauty. If he is not at either of those places, try Eperney where he can be found helping Glenda and Amanda with their work. He really enjoys keyboarding.

Beemer takes his position as street cat very seriously. He is grateful for the circumstances and friends who have supported his journey.

He is passionate about cat welfare and supports the spay and neuter programs run by the local shelters to protect unborn cats everywhere. That is also a topic close

to my heart.

When I tell him about the cats who are dropped at the end of my rural lane to be hit on the road or carried off by hawks, he pounds his paw into the pavement. "One female cat can have 3 litters a year for 15 years with an average of 4 kittens per litter. If each of those kittens has or fathers 3 litters a year there are 1,000's of cats. Many end up in the shelter system or on the street. If we could get people to spay or neuter their pets, then we would all be wanted." He is also a strong supporter of York Region Change for Feral's organization. "These people collect change to help street cats." He is proud of his work in that area.

So, if you have not met Beemer yet, I suggest you come to the main corner and hang around. If you look like you are packing cookies or are ready to give him a belly rub, he will find you. He is not shy and is likely to wind around your legs purring if you are walking. If you are driving in the area, watch for him because he considers the road to be his domain too. I saw him once taking advantage of the almost spring sun by rolling on the warm pavement in the center of the road just as a truck came around the corner. The truck stopped and Beemer got up and strolled back to the sidewalk. "What?" He asked as he saw my stricken face. "It's my corner."

As I learned his story I was amazed by the number
Continued from Page 11.



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+ Celebrate With Us

Visit our website for the exciting details of our Grand Opening Ceremony on April 18th!

Drop in and see us today!



After living in Mount Albert for 11 years I am excited to open a new full service practice to provide medical care for pets in my community.

As a champion of Public Health I am offering a FREE deworming dose at the time of an annual physical exam! Ask me how the health of your pet could impact you and your family's health.

Call or email us at egvh@egvet.ca if you have a question or would like to make an appointment.

- Dr. Angela Smith

www.egvet.ca

Top spring maintenance tips for every home

No home comes maintenance free. Even a brand new house requires regular upkeep to ensure its internal environment stays healthy. If you live in a house that is less than seven years old, home maintenance is also essential for preserving your warranty rights.

Almost all new homes in Ontario come with a warranty that lasts seven years from the date of the first possession, and it is guaranteed by Tarion Warranty Corporation. The warranty protects homeowners from certain defects,

violations of the Ontario Building Code, and major structural damage, among other problems. But to make sure your home stays covered, you are advised to perform regular seasonal maintenance. Here are some tips to ensure it remains in good shape:

- Clear eavestroughs of debris regularly and extend downspouts so that water is directed away from your home. Water that flows around the foundation could eventually find its way into the basement.
 - Have your roof inspected regularly to ensure shingles, flashing and chimney caps are in place and sealed properly.
 - Fix the caulking around windows and doors and on the roof if it becomes cracked or separated.
 - Clean or replace your furnace filter.
 - Check air ducts, and vacuum dust from vents.
 - Investigate and identify any musty smells and odours. They are often an indicator that there is a hidden moisture problem.
 - Check roofing and flashing for signs of wear or damage.
 - Clean the mechanisms of the humidifiers.
 - Check for condensation and proper humidity levels.
- Source: NewsCanada.com



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Continued from Page 9.

of people touched by this four legged rule breaker. It reminds me that community is often built and maintained by a friendly attitude, a loving pat and a little purring. Let's all try to put that cattishness to work in our town.

For more information about Beemer, just talk to anyone who lives or works on the main corner of town.

For more information about Change for Ferals, go to: <http://yorkregionchangeferals.com/>

Vicki Pinkerton lives on a small farm just outside of Mount Albert. When she is not driving the roads of Canada she is a practicing life coach, a writer and adventurer who wonders about many things. www.questacrosscanada.com or lifelinescoaching.org.

8 good reasons to take your pet to the vet for checkups

One thing is certain no matter whether you're a dog person or a cat person: you love your furry pal.

In fact, a Western Financial Group study showed that half of Canadians with pet insurance purchased a policy in case of emergencies or serious illness, while 26 per cent did it simply because they see their pet as a family member.

According to Dr. Bernhard Pukay, chairman of the Petsecure Veterinary Advisory Board, the top eight reasons for regular checkups include:

1. Prevention is better than reaction: Just like a human, animals need checkups to ensure they remain healthy. This way, you can stop many illnesses long before they become a problem.

2. Save yourself money: Prevention is far less expensive than medical treatment. So, while you may pay more in the short term for checkups, you will ultimately conserve cash if your pet gets ill or has an accident.

3. Compensate for the aging process: You've heard that dog and cat years happen much faster than the human equivalent. With that in mind, an annual checkup for them is like you waiting several years for your next physical. Don't put it off.

4. It doesn't need to be costly: By purchasing a pet insurance policy, you not only protect yourself and your four-legged pal from the very high cost of an emergency, you can also reduce

your routine regular vet fees. "Certain insurance plans will cover up to four visits per year," explains Dr. Pukay. "You should speak with your insurance provider to learn more."

5. Fend off unwanted visitors: Internal and external parasites and heartworms can prove very dangerous for your pet, but preventing these is easy. Talk to your vet for appropriate medication.

6. Keep the pounds off: Ongoing nutritional consultation provided by your vet allows you to control pet weight gain and loss, making sure that your canine or feline roommates are on diets that are designed with optimal nutrition in mind.

7. Healthy smiles: The majority of cats and dogs will experience dental problems in their lifetimes and, given how much they rely on their mouths, it's particularly important to properly maintain their teeth. A dental examination is part of every veterinary exam and, as always, prevention is better than treatment.

8. You'd do it for your car: It's true that we regularly take our cars in for maintenance and when the mechanic fails to find anything wrong, we rejoice. This should be the same approach with pet care. Moreover, it will give your veterinarian a baseline – a way to understand what state your pet should be in – which makes it easier to treat them should an illness or injury occur.

Source: NewsCanada.com

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@ Your East Gwillimbury Library

April Events:

Spring Arts & Treasures Community Sale, Mount Albert Branch. Saturday, April 11, 10 am – 4 pm.

Join us for this community sale! East Gwillimbury Public Library presents the Spring Arts & Treasures Community Sale. The Board invites community artisans, families, local entrepreneurs and collectors to rent a table and sell your new and gently used treasures. The Board welcomes Independent Sales Representatives & Consultants to book a table. Don't miss out on this spring sale, lots of treasures to be discovered! Featuring a silent auction.

Fun for kids. Free programs throughout the day. Join us for Early Bird Storytime, button making, library scavenger hunt and creative art!

Visit egpl.ca for full details.

Author Visit

Author Visit & Book Launch with Andrew Hind & Maria da Silva

In 1952, the tranquil streets of Bradford were shattered when the infamous Boyd Gang robbed the Bradford CIBC, culminating in a dramatic shootout and high-speed chase. This dramatic event, and East Gwillimbury's role in the story, will be relived in an exciting 40-minute presentation. Andrew Hind is a local history columnist and has written on history and travel for a number of regional and international publications. Maria da Silva is a contributor to the Muskoka Sun and North Bay Sideroads. Co-authors of Strange Events of Ontario and other books on the history of Ontario, this presentation highlights their newest book entitled Notorious Ontario: Outlaws, Gangsters and Criminals. Holland Landing: Wednesday, April 29 @ 6:30–8 pm
Free. Please register.

Children's 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 25 at 10:30 am

Early Bird Storytime

Ages 0 – 5 years. Free. Drop In.
Start off the weekend with a storytime of puppets, rhymes, and songs! Mount Albert: Saturdays, April 11 at 10:30 am

Lego Club

Ages 5+ years. Free. Drop In.
Get creative with Lego. Themes include Cityscape and Amusement Parks. Mount Albert: Wednesday, April 15 from 6:30 – 7:30 pm
Holland Landing: Saturdays, March 28 & April 18 from 2 – 3 pm

Maker Club

Ages 5 – 8 years. Free. Please register.
Build and make using unusual materials. Mount Albert: Wednesdays, April 1 from 6:30 to 7:30 pm
Holland Landing: Thursdays April 9 from 6:30- 7:30 pm

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: Wed., April 29 at 6:45 & 7:15 pm

Babies on the Move

Ages 4-12 months with caregiver. Free. Please register.
Presented by Early Years, North York. This program is for crawling creeping, walking and running babies. You and

your baby will enjoy singing songs and rhymes, exploring new sensory experiences and working on new developmental skills together.

Holland Landing: Tuesdays, April 28 @ 1 - 2:30 pm

Tweens & Teens:

Comic Happenings Graphic Story Contest

Grades 4 - 8. Draw and write a creative comic story! Templates, story ideas, and contest guidelines are available on the library website egpl.ca. Deadline is June 23, 2015.

Teen Advisory Board Volunteer Opportunity

Gain community service hours by assisting with Library programs and sharing your ideas to develop our services.

Holland Landing: Tues., Apr. 14 from 7 – 8 pm

Mount Albert: Wed., Apr. 8 from 7 – 8 pm. To volunteer, drop in or email halblas@egpl.ca or 905-836-6492 ex. 105.

Adults:

Computer Classes:

Tech Tuesdays at Holland Landing

Drop in with your device or a tech question. April 7, 14, 21, 28 @ 1:30 pm

Tech Thursdays at Mount Albert

Drop in with your device or a tech question. April 2, 9, 16, 22, 30 @ 1:30 pm

Intro to Microsoft Word

HL: Tuesday April 7 @ 3pm
MA: Thursday April 16 @ 3pm

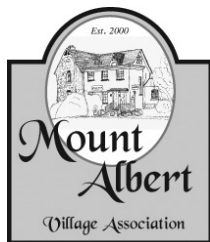
Intro to Microsoft Excel

HL: Tuesday April 28 @ 3pm
MA: Thursday April 9 @ 3pm
& Saturday April 25 @ 12pm

Building Webpages with WordPress

HL: Saturday April 11 @ 12pm
MA: Thursday April 2 @ 3pm

Mount Albert Village Association NEWS



MAVA is in the process of coordinating with the Town on holding a combined meeting in early May to present the initiatives so far for the Mount Albert Downtown Revitalization project.

The Town also plans to present some general information about Business Improvement Areas (BIA) (eg. the benefits & how they're established etc). The meeting is open to all those interested in learning more about the Downtown Revitalization project as well as Business Improvement Areas (BIA). Mount Albert residents, business owners, building & property owners are all welcome.

Watch for the date on our website and newsletter.

- The 2nd Annual Easter "Egg"stravaganza is set for Saturday April 4th, 10 am – noon. Hope you registered early and hope you have a great day.
- Please remember to drop off any rechargeable batteries at the Hazardous Waste Depot.
- Don't forget to change the batteries in your smoke detectors and drop off the used batteries at one of these locations; The Corner Décor & More store, MSVA, The Family Place, Mount Albert Public Library and the Town Offices.
- Business members can submit a community related event to add to our online and newsletter calendars. Please send details to events@mountalbert.com.
- To be listed in the website Business Directory, your business must operate within the Mount Albert community boundaries as set by the association.

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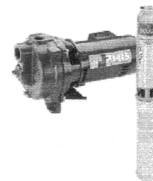
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Do you know someone making a difference in our community?

Do you know someone who goes above and beyond for their community?

If you do, this is your opportunity to recognize the good they do by nominating them in this year's Post Shreddies "Search for Goodness," a national search for the people who spread genuine goodness.

Whether it's the neighbour who volunteers at the local soup kitchen or the person you always see helping out at the hockey arena, we all know someone who makes a difference in our community.

Currently, 90 per cent of Canadians think it's important to give back, and over half volunteer their time, with almost 60 per cent volunteering at least once a week or more, according to a study commissioned by Post Foods Canada Inc.

"Volunteers are vital to the social fabric of communities and their tireless efforts have a positive impact on facilities, services, organizations and, most importantly, people, across the country," says Amy Bernstein, the Senior Product Manager of Shreddies & Shredded Wheat, at Post Foods Canada Inc.

"We always knew that Canadians were filled with

genuine goodness, so it's great to see data that confirms this."

"There are so many ways you can contribute to your community," explains Greg Epp from Saskatoon, who was recognized by Post Shreddies "Search for Goodness" in 2013 for his selfless commitment to his community hockey rink. "Every society, no matter how big or small, needs the support of people who care. I volunteer because it helps me feel connected to my community."

Like Greg, many respondents spoke about community when they were asked about volunteering, and stated that they volunteer due to a strong sense of community (53 per cent), a belief in the organizations goals and objectives (58 per cent), and that helping those in need is the right thing to do (49 per cent).

Volunteerism is an important aspect in building a strong community and society, and Canadians reported to be in agreement with this (91 per cent).

More information about the search is available online at searchforgoodness.ca.

The winning story will be told in a Shreddies' ad, and a donation will be made to the winner's charity of choice.

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News from the Sharon Temple National Historic Site & Museum

2015 Calendar of Events

May 13-14: Canadian Choirs Festival
(Grand Finale – May 24)

May 16: Opening Day (Free admission)

June 12-13: Quilts in the Temple

July 1: Canada Day Celebration

August 8-9: Heritage Weekend

August 30: Weaving Words

September 11: Illumination

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Looking forward to spring weather

The calendar indicates that spring has finally arrived. The days are getting longer and the sun actually has some heat in it. The snow is melting away revealing the garden beds and the pond ice is melting too. I make an inspection each day to see if there are any snowdrops up yet. So far none but I have heard of sightings. Volunteers planted lots of bulbs in the Holland Landing Literacy garden last fall. It should look very colourful in a few weeks.

The March meeting of East Gwillimbury gardeners was a busy one. Several members will be receiving an Ontario Volunteer Service award to honour their commitment to volunteering their time in the Society. This year's recipients are Pat Dimitrovski for 5 years, Jennifer Walton for 10 years, Tina Forrester for 15 years, Mary Slingerland for 20 years and Gail and Alex Sanderson for 30 years. We congratulate them.

Several certificates of congratulations were presented to the East Gwillimbury Gardeners for 90 years as a Society.

A certificate from the Government of Ontario signed by Premier Kathleen Wynne, one from Member of the Provincial Parliament signed by MPP Julia Munro and a certificate from Peter Van Loan MP for York-Simcoe were thankfully accepted. Representatives from the Ontario Horticultural Association Nancy Serrick, District 5 and Malcolm Geast, OHA historian also presented a congratulatory certificate for 90 years. The certificates will be proudly displayed on the walls of the Mt. Albert Community Centre.

An Imposed Floral Design Class was held prior to the meeting in which 6 people were given the same



plant materials and container and were asked to make an arrangement with only those materials. The designs were all different but unique and beautiful. Winners were chosen by the attendees at the meeting. Winners were Ellen Power, Barb Elend and Sandra Theberge. Well done.

The Junior gardeners potted up dahlia tubers. One of the juniors told her mom that she would be disappointed if she was to miss a meeting. On April 21 at 7pm the juniors will be planting

seeds and cuttings.

Tuesday, April 21, at 7:30pm the speaker will be Dan Cooper, co-author of the book Gardening from a Hammock. The results of the Photography contest will be on display.

Meetings are held at the Mt. Albert Community Hall on Main Street in Mt. Albert on the third Tuesday of each month except December and January. The meetings begin at 7:30pm. Juniors meet at 7pm. All are welcome to come out and see what we are all about. Lug a mug and get a ticket for a chance at a prize.

It is not too soon to think Plant Sale. Our annual Spring Plant and Bake Sale is on Saturday, May 23, from 10 to noon. Mark your calendar.

For more information about us you can visit our Facebook page at www.facebook.com/eastgwillimburygardeners or send us an email at eggardeners@gmail.com.

We can also be found at www.gardenontario.org/site.php/eastgwillimbury or call Valerie at 905 853-7126.

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

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- Home & Gardening Section

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Power of Art



Recently I attended a seminar by Jackie Glass, a keynote speaker and a regular guest for the past 18 years on City TV's Cityline and former Editor of Renovations and Décor magazine. Her seminar was called the Power of Art. She described the impact art has on home interiors and described how "knowledge is power" by understanding the different types of art. Working with the right colour on the walls, truly understanding colour and their undertones really accentuates the art and makes it "sing".

As a professional real estate stager and decorator, I truly believe that art is very impactful in a home. During my staging consultations I come across all types of original art, limited editions, reproductions, posters and mass produced canvases; in other cases I find myself in rooms with blank walls. When staging a property, it is essential to have artwork in specific places because it often becomes the focal point of a room. Art balances a space along with the correct choices of other elements in a room. The latest statistic shows that over 90% of buyers are online first to see a property and if your property is bland and empty, you will be a click away from a showing.

Artwork can make a world of difference when staging a home for sale. The photo here shows how our original fresh framed prints can draw your eye into the room. (Newmarket home – multiple offers and sold for over asking).



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



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In the 1970s and 1980s, Certs was the first breath mint to be nationally marketed in the U.S. and Canada. The popular tagline was: "Two, two, two mints in one."

In 1999, the United States Customs Service classified Certs as a candy mint for tariff purposes (candy is taxed differently than oral hygiene products).

Parent company Cadbury sued to have the classification changed.

In the lawsuit before the United States Court of International Trade, Cadbury introduced expert testimony that "Certs stimulate the flow of saliva, thus flushing bad odours from the mouth, and that its flavours and oils mask bad breath."

The court ruled that since Certs do not contain antibacterial ingredients, they are, indeed, just a candy mint.

This ruling was overturned at the Court of Appeals for the Federal Circuit, making Certs legally a breath mint.



Mount Albert Legion is available for events!

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National Volunteer Week

April 12–18, 2015



NeighbourhoodNetwork
Building Better Communities Together

To all our volunteers – stand up and take a bow!

This is your month to be recognized and thanked for your tireless support of the charities and non-profit organizations which do so much good for our community.

According to the International Labour Organization a volunteer is a person who performs unpaid, non-compulsory work either through an organization or directly for others outside their own household.

Indeed, according to Volunteer Canada, for many charities and non-profit organizations, it's the volunteers that are the life blood which keeps the organizations viable!

In celebration of National Volunteer Week, I have assembled a list of unrelated, but interesting facts about volunteering in our local community and Canada in general.

Did you know?

- Canadians volunteer close to 2 billion hours per year (stats from 2013).
- Our youth volunteer an average of 110 hours per year.
- Older adults (55 years and over) contribute the most by volunteering a whopping 39 percent of those total hours.
- Eighty percent of Canadian firefighters are volunteers.
- The economic value of volunteering in Canada, based upon an average salary of \$24.00 an hour, equates to an astounding 50 billion dollars a year (2012 stat).
- Southlake Regional Health Centre volunteers have chalked up 90,000 hours (April 2014 – April 2015) and are well over a million hours since first keeping track in the year 2000.
- Despite that impressive figure, Southlake Regional Health Centre is still in need of many volunteers.
- The East Gwillimbury Gardeners tracked 1745 volunteer hours for last year alone.
- A student could probably earn all 40 hours of community service by volunteering for the Sharon Temple for one summer.

• In East Gwillimbury there are over 30 organizations that rely on volunteer support, not including Town of EG committees.

• It's a major anniversary year for three of those organizations – The Golden Anchor Club, the Mount Albert Cubs and Scouts and

the East Gwillimbury Gardeners are all celebrating 90 years of serving the community! Congratulations!

• If you, your family and/or your business is looking for a valuable volunteer experience, go to www.nnet-work.org and sign on. We are associated with over 250 charity/non-profit organizations that may need your help.

All communities need volunteers to ensure a healthy and resilient environment. Volunteer Canada stresses that “through volunteering people gain experience, improve their employment and educational options and have a greater sense of belonging and well being.” If you are a volunteer ...congratulations! If you aren't ... please give it some serious consideration! Step up ... Give Back.

Some upcoming volunteer opportunities:

Neighbourhood Network will have its annual tree planting day on May 2 ...call 905.726.3737 if you, your family or your organization would like to help.

East Gwillimbury Women's Show is April 25th.

For more information regarding donations and/or volunteering opportunities contact Sharon: sharon-stangles@hotmail.com.



Mount Albert Sports Day
Annual Slo-Pitch Tournament
June 5, 6, 7, 2015

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

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Rick: 647-286-2478

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www.mountalbertsportsday.com



Naming Mount Albert

The earliest document found so far which gave a name to the area that became Mount Albert was The Reminiscences of Richard Titus Wilson. When describing events surrounding the 1837 Rebellion, he wrote, "I may state here that my son David was going out to the Birchard Settlement on the same day warning men..." The three Birchard brothers, Samuel, Rufus and Israel, had earlier settled along what is now the Mount Albert Road near the big hill in the 8th Concession. With the three Birchard homesteads there, people started to refer to the area as the "Birchard Settlement."

By 1850, the word "town" had been added, and the name became "Birchardtown." Anglican records show that George Thomas Harrison, son of Thomas and Ann Harrison of the nearby 9th Concession was born at "Berchard town" on January 13, 1850. However, there wasn't a town in the area at all, just farmsteads and clearings.

A post office for the area was established on October 6, 1852. The area was still rural, and the post office was in the home of Amos Tool who lived on the west part of Lot 5, Concession 8, 1/14 miles south of where Mount Albert later grew. That is now the property of Smalley's Produce. This post office was called Newland, and served a wide area. Even Lafayette Weller who lived at least five miles to the northwest in Scott Township was listed as getting his mail there.

There is a traditional story about how Mount Albert got its name. In September of 1860, Prince Albert visited Canada and travelled from Toronto to Barrie on the railway which went through Newmarket. The inhabitants of the Newland area went to see Queen Victoria's son, and were so taken with him that they decided to change the name of their home area from Newland to Mount Albert.

This is an interesting story. However, the name Mount Albert appeared in a Newmarket newspaper in November of 1855, about 5 years before Prince Albert's visit.

The New Era newspaper of December 19, 1856, reported that the "Mount Albert Hotel at Newland" owned by

George Stokes had been destroyed by fire on December 17. George Stokes had built his hotel on the southeast corner of Centre Street and Mount Albert Road. His second hotel on the site remains there today, and was known as the Royal Oak Hotel.

In the obituary of Sydney Stokes, son of George Stokes, it was noted that it was George Stokes who started the name Mount Albert. He had named his hotel the Mount Albert Hotel or Inn.

Robert Hunter had built the area's first store in the early 1850s, and when

Amos Tool resigned as post master in May of 1856, Newland post office was moved to the Hunter store on top of the hill with Mr. Hunter as post master. The name of the post office was officially changed to Mount Albert on January 1, 1865.

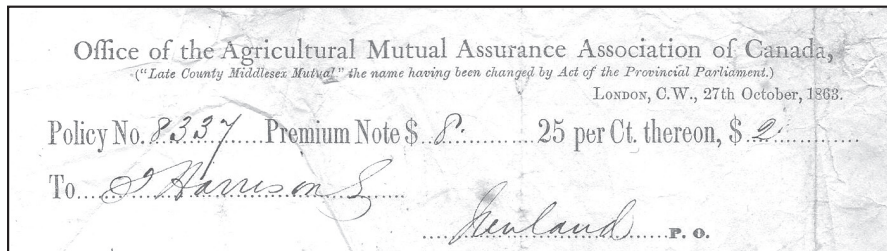
Meanwhile, William Summerfeldt had built a grist mill near the creek at the foot of the hill. The Mount Albert Tax Company is there today. This area became known as "Valley Mills." The hotel that was where the garage is located today on Centre Street became known as the Valley Mills Hotel.

In a letter to the Newmarket Era on August 21, 1863, William Rear referred to people in Eastville (now Holt), and "several around Mount Albert and Valley Mills." So both the names Mount Albert and Valley Mills were in use at the same time. Also, Elizabeth Leek, a long-time resident of Mount Albert, said the area in the valley was sometimes called the "Hollow."

Most of the Birchards had moved away from the area by the early 1850s, but some folks still said they lived at Birchardtown or Birchardville. Records show that a local couple who got married in the early 1860s said they were from Birchardtown even though they lived in the Mount Albert area and their post office was called Newland. Those names must have been confusing at times.

HELP! If you know when the former fire hall on Princess Street was built, please contact Allan McGillivray at 905-473-3398.

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



Part of an insurance document from 1863 showing the post office name Newland.



Be a Wildflower

Have you ever watched a tulip flourish in the frost? Or seen a tiny weed sprout through the crack in a sidewalk? To me this kind of thing is absolutely incredible; how beautiful things continue to grow, even in such cold and dark spaces. Now, pretend that you are that frosted tulip, stuck in a place where you either decided to wilt away or thaw out. Or as the weed sprout struggling through that tiny crack, where you could decide to rest underneath the hard concrete or break through and continue on your journey, just along a different path. People too are able to blossom within cold and dark places, just the same as wildflowers do. "Like wildflowers, we must allow ourselves to grow in places people never thought we ever could." –Anonymous

Wildflowers know that they are good enough to blossom; they recognize that if one thing doesn't go a certain way, then something better is yet to come. Wildflowers do not get discouraged easily as they mature gracefully past whatever stands in their way. They do not shut down opportunities, because they would rather spring through whenever they get the chance than wilt away wishing they did. Wildflowers grow passionately, engaging in possibility and new friendships. They don't care who is watching them, or even picking at their petals, because even when the sun is not shining, wildflowers will continue to grow.

A few months ago someone very close to me felt

extremely misplaced due to various aspects, and shamed by people that she held close to her heart. There was that disposition of not being good enough, and feeling of weakness at times when something didn't go the way it should have. There was discouragement, which came quite easily, causing her to step back from opportunities that made her feel the slightest bit uncomfortable. The opinions of others got inside of her head, which formed a great big storm cloud over top of that cheerful sun, enabling her to feel limp and wearied. She did not appear to be a wildflower, because as we know, all wildflowers will continue to grow, even when the sun is not shining.

People will always try and knock you down, that's just the way it is. No matter what you do, there will always be someone who is jealous and bitter towards your life. However, like wildflowers, we must move on with our lives and potentially surpass everything standing in our way.

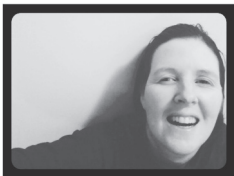
Today that girl is a wildflower. One whom blossoms within her talent and graciously continues to land on her feet. She holds a positive mindset and seeks purpose. She is one that embellishes every opportunity rather than regretting the chances she didn't take. She grabs hold of new friendships while dancing in the garden with the ones who lift her spirits up. She shakes that frost off as she twirls in the wind, and peeks through that tiny crack every time she begins a new journey because she too continues to grow, even when the sun is not shining. We must all become wildflowers, because as wildflowers we allow ourselves to grow in places people never thought we ever could.

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



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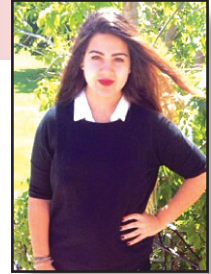
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A Writer's Journey

I have been writing ever since I was little – short stories, little poems, autobiographies, notes to my parents. I remember writing short fiction stories about a little girl who lived on a farm in an old wooden house and was surrounded by animals.

She lived near a stream and a meadow where she collected berries in her wicker basket and tended to the chickens and cows as if they were her own family. I rewrote this story countless times, imagining myself becoming a famous child author, autographing my book at my very own signing. I remember writing songs with lyrics and rhythms about the most random things, fantasizing about touring with my own girl band, singing lead and hearing the crowd scream my lyrics back at me. I remember writing personalized prayers for each holiday, and giving each of my family members their own copy on their dinner plate. I would stand on my chair and recite the words that I carefully prepared for the special celebration.

In elementary school I anticipated speech time, when I wrote about topics from friendship and the history of ice cream to the mysteries of the Da Vinci code and the spooky conspiracies of crop circles. The words flowed naturally onto the paper, and I received such a thrill from standing up in front of my classmates, holding their interests with the research I turned into dialogue and the very sounds and expressions of my voice. Writing assignments and essays were no chore for me, the ideas never ending, the words coming to mind faster than I had a chance to write them down. We played spelling and word scramble games in class in which I always was a top competitor.

I wrote for the school newsletter and my class newsletter, handling my notes with care and enjoying my first experiences as a 'writer.'

When high school crept up on me, writing was more important than ever and it was required for almost every assignment and project that was thrown at me. We were graded, marked and critiqued for our writing style, format and organization. We were tested for how fast we were able to put together an essay with a strong argument and complete set of supporting ideas. We were shown proper ways to write over and over again until it was embedded into our minds, never to be forgotten.

As the years have gone by and my writing has become more advanced, I have learned about my passion for

words. I enjoy creating visions with sentences and pictures in peoples' minds with simple vocabulary. I have learned how my writing can inspire and move people and how the words that I strategically put together can tell amazing stories about my past, present and future. I enjoy the feel of completion after finishing a piece I've been working on for days – the look of a full page of words and the shapes they create is every writer's dream. No matter what I do with this talent in life, whether it's creating stories for readers, reporting news to audiences or even just writing down memories for my children and grand-children so they will know their history, I will never stop writing. I will always write for others, I will always write for myself. I will continue to form little pieces of art with the ability to connect nouns, pronouns, adjectives and verbs together into one sentence, then two and eventually into endless pages of a tale that needs to be told. I will always treasure the skill I possess to fill a page with explanations and descriptions, giving the simplest of things a way to come to life.

Writing, as they say, is stronger than any weapon and words can win the biggest of battles if you use them correctly.

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



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East Gwillimbury Announces Community Torchbearer for Pan Am Games Torch Relay

East Gwillimbury is proud to announce Brandon Wright as the East Gwillimbury community torchbearer for the TORONTO 2015 Pan Am Games Torch Relay, presented by President's Choice® and OLG.

The torch relay will visit East Gwillimbury on June 26, 2015.

Brandon entered the East Gwillimbury community torchbearer competition in January.

As an athlete, Brandon has participated in many mountain bike races. He hopes to one day represent Ontario in mountain biking, and can't wait to watch the games this summer!

"We look forward to welcoming the Pan Am flame into East Gwillimbury in June," said Mayor Virginia Hackson. "This is a historic event and we are proud to show our support for Brandon, and all of the athletes who will be competing in this summer's Pan Am games."

The Town will welcome the Pan Am flame with a community celebration in front of the Civic Centre. Watch www.eastgwillimbury.ca for event times and route.

During the 41-day torch relay, each of the 3,000 torchbearers will complete, on average, a 200-metre relay segment.

The torch will be carried by more than 60 modes of transportation and exceed 5,000 kilometres on the road

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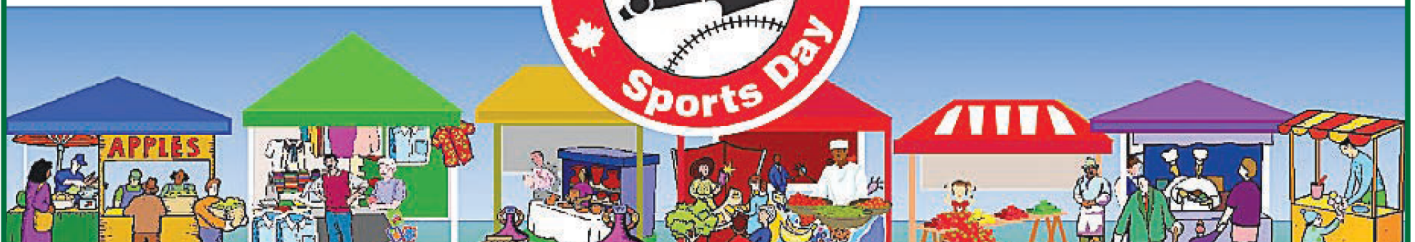
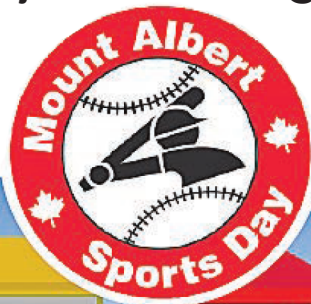
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and 15,000 kilometres by air.

“The torch is a unique symbol of the Pan Am Games and carries a powerful energy that will unite Canadians,” said Saâd Rafi, chief executive officer, TO2015. “The torchbearers will proudly carry the flame through more than 130 communities, igniting the Pan Am spirit as they go.”



Featured on the torch are the United We Play! pictograms — colourful depictions of people in motion — symbolizing the assembly of athletes through the celebration of sport and culture.

The aluminum torch stands 65 centimetres high and weighs 1.2 kilograms (or roughly the same

weight as a baseball bat).

With a burn time of 10 to 12 minutes, the flame can withstand winds of up to 70 kilometres per hour and is visible in all kinds of weather conditions.

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* Dr. Reka is a winner in the 2014 York Region Reader's Choice Awards for the Naturopathic Medicine and Acupuncture categories in East Gwillimbury

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

By Blair Matthews

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

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

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

This month we have a great prize for our winner: a 'carload' pass for a Thursday night at the Stardust Drive-in! That's right - one car full of people! The only catch is that you have to take me too (ok, no you don't). And YES! The drive-in is now open for the season.

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

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



eyes open!

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

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

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

WINNER of \$10 Subway gift card for identifying our March photo: Pauline Holancin & Jake Mol from Queensville.

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

LAST MONTH'S
PHOTO →

The original Queensville station, built in 1914. It now sits on the south side of Mount Albert Road in Sharon.



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What is a 'balanced diet'?

In my line of work as a nutritionist, there is nothing (well, almost nothing) that infuriates me more than the use of the phrase "a balanced diet". People toss the phrase around in so many different circumstances that no one truly knows what the heck it means. How do we know if we are just using it as an excuse to indulge? We all like the idea of a balanced diet. When we hear the phrase we happily nod along in agreement, but the reality is, we don't really have a standard for the term. I think it's time for some balance guidelines to help us out, don't you?

Determine your "perfect" Diet

What is balance without disproportion? We can't possibly balance something that isn't lopsided to begin with, so let's figure out your lopsidedness (yup - that's a real word!). Ask yourself this, "What is the perfect diet?" It's a tough question, but it needs to be answered to YOUR standards. Not a nutritionist's, not a TV personality, but what you feel is YOUR perfect diet. If you woke up every day and had a "perfect" eating day, what would that look like? Once you have determined your dream diet, you can use that as your 80% (we will talk about that in a bit).

Flip it around

Here's the fun "lopsided" part. If you could eat anything you wanted all day long and it didn't make any difference to your health at all, what would you eat? Would it be chicken wings, french fries, pizza and sweets? Maybe you don't even like any of that stuff and your "bad" list has pasta, cereals and fresh baked bread. Or maybe you abstain from meat for health reasons and your indulgence would be a juicy steak. Perhaps you steer clear of sugars and you would want to indulge in lots of sweet things....

See where I am going with this? Everyone's version of "cheat" foods and "healthy foods" are different. You need to determine where you fall on that list before you can begin to bring balance into your diet. Now that you know your perfect diet, and its flipside, time to set some guidelines.

Try the 80/20 Rule

My rule of thumb has always been the 80/20 rule. 80% of the time I stick to my "perfect" diet and 20% of the time I indulge the devil on my shoulder. I know what I consider to be good for me, so it's easy to determine what the indulgences are. If you don't have clear lines about what is your "good and bad", how do you know

when you have gone off course? Keep in mind, ALL of this is still very subjective; a Vegan is going to have drastically different "good and bad" than a staunch meat eater but that's OK, you need to work within your own guidelines, stick to your guns and know what works for YOU. Maybe a 70/30 split works better for you, or even a 90/10. You need to determine what you can live with happily and THAT will be YOUR balance.

The Bottom Line

You need to have a clear understanding of your values and your goals to be able to put them in "balance". If you follow a new fad diet every week and then fall off the wagon and indulge in food you know isn't good for you, you will never find balance. You need to know yourself and what you value as healthy and/or indulgent. The phrase "balanced diet" gets thrown around arbitrarily - it shouldn't be an excuse for eating poorly. A balanced diet needs to have meaning to YOU in order to be successfully implemented. In the end, a balanced diet should be a conscious decision to happily live with the angel on your shoulder, but still give the devil a little time to play!

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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Self-esteem

Self-esteem is a way of thinking, feeling, and acting that implies that you accept, respect, trust, and believe in yourself. It is how you feel about yourself.

When you accept yourself, you can live comfortably with both your personal strengths and weaknesses without undue self-criticism.

When you respect yourself you acknowledge your own dignity and value as a unique human being. You treat yourself well in much the same way you would treat someone else you respect. It's being your own best friend, treating yourself well and loving yourself. Self-trust means that your behaviours and feelings are consistent enough to give you an inner sense of continuity and coherence despite changes and challenges in your external circumstances.

To believe in yourself means that you feel and deserve to have the good things in life. It also means you have confidence that you can fulfil your deepest personal needs, aspirations, and goals. To get a sense about your own level of self-esteem, think of someone whom you fully accept, respect, trust, and believe in. Now ask yourself to what extent you hold these attitudes toward yourself.

The fundamental truth about self-esteem is that it needs to come from within. When self-esteem is low, the deficiency creates a feeling of emptiness that you may try to fill by latching on - often compulsively - to something external that provides a temporary sense of satisfaction and fulfilment. This is a false sense of well-being or self-esteem.

When the quest to fill your inner emptiness by appropriating something from outside becomes desperate, repetitive, or automatic, you have what is called an addiction.

Broadly defined, addiction is an attachment to something or someone outside yourself that you feel you need to provide a sense of inner satisfaction or relief. Frequently this attachment substitutes preoccupation with the substance or activity for healthy human relationships. As above with high self-esteem we may feel good about ourselves, but this does not rule out the fact that we need healthy human relationships to be whole. Addiction may also substitute a temporary feeling of control or power for a more lasting sense of inner confidence and strength.

A healthy alternative to addiction is to work on building your self-esteem. Growing in self-esteem means developing confidence and strength from within. While still enjoying life fully, you no longer need to appropriate or identify with something or someone outside yourself to feel okay. The basis for your self worth is internal. As such, it is much more lasting and stable. When we look externally for praise and acceptance we find that frequently it is not there, and we become disheartened, a fact which leads to a sense of lower self-esteem.

When we look internally we often confirm what we are missing. The next question is how do we build self-esteem.

Self-esteem is not something that develops overnight or as a result of any single insight, decision, or modification of our behaviour. Self-esteem is built gradually through a willingness to work on a number areas in your life. Three of these areas are:

- Taking care of yourself
- Developing supports and intimacy
- other pathways to self-esteem

Taking Care of Yourself

Taking care of yourself is the foundation on which all our pathways to self-esteem rest. Without a basic willingness and ability to care for, love, and nurture yourself, it is difficult to achieve a deep or lasting experience of self-worth.

Perhaps you had the good fortune to receive the love, acceptance, and nurturing from your parents that could provide you with a solid foundation for self-esteem as an adult.

Presently, you are free of any deep-seated feelings of insecurity and your path to self-esteem is likely to be simple and short, involving certain changes in attitude, habits, and beliefs. For those who have carried a lifelong sense of insecurity, though, the way to self-worth involves developing the ability to give yourself what your parents could not. It is possible to overcome deficits from your past only by becoming a good parent to yourself.

Developing Support and Intimacy

While self-esteem is something we build within ourselves, much of our feeling of self-worth is determined

by our significant personal relationships. Others cannot give you a feeling of adequacy and confidence, but their acceptance, respect, and validation of you can reaffirm and strengthen your own positive attitude and feelings about yourself. Self-love becomes narcissistic in isolation from others. Being your own best friend can only be validated in how we love others.

Other Pathways to Self-Esteem:

- Body: physical well-being and body image
- Feelings: emotional self-expression
- Mind: positive self-talk and affirmations for self-esteem
- Whole self: personal goals and the sense of accomplishment.

This is a big topic and this may require further research on your part. Self-esteem is at the core of our human existence, and as a result is very important to our well-being. If you have chronic low self-esteem, you may need professional advice on how to improve your self-worth.

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

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From the Legion by Cathy Morton

Why YOU should join the Legion

Legion members continue to be asked: “Why join the Legion. What’s in it for us?”

Well, we are a veteran’s based organization which any Canadian citizen, Commonwealth subject or allied country can join. We were founded by veterans more than eight decades ago. Mount Albert & District Branch will be celebrating its 70th Anniversary in 2016. But while we have maintained our traditional values of veterans’ care and perpetuation of Remembrance, we have progressively become more involved in the community.

We ensure Canadian veterans of all ages receive everything they so richly deserve. We are “The Guardians of Remembrance” in Canada, we are a not-for-profit organization self-funded by its members, for the good of our veterans and our communities.

Legion members care deeply about supporting the men and women who serve our country and preserve our freedom.

We make a difference in the lives of veterans and their families through all the ways the Legion advocates. We advocate through the democratic voice of members, through meetings with senior elected bureaucrats and senior military officials advocating for change, we continually build relationships with Canadian Armed Forces and RCMP.

We support research to help further our understanding of issues facing Veterans and our Veterans’ families.

There are many Faces to the Legion and you too can become one of those faces. Meet new friends, share your experiences, receive the Legion Magazine and learn about the stories both past and present of our Military. Participate in our sports programs or just enjoy a game of snooker, darts or shuffleboard. Take advantage of our Members Benefits Discounts.

GET INVOLVED WITH YOUR COMMUNITY, JOIN THE LEGION, MAKE A DIFFERENCE.



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Core Training: The Magic of Spring

Can you feel it? It's coming! It's a break from the tough slog of winter that we've grown used to over the past few months. We have a little skip in our step and a spike in our energies that was maybe missing for all of the month of February. I can feel it, and am just plain giddy about it!

It's time to shed our inertia, and dare I say the 'e' word? Yes, exercise. More than this though, exercise with purpose. As you plan out your new exercise regime for this coming spring, why not start with core training?

Core building is so important, for those of us who have chronic back pain, building strength in the deepest muscles of your back and abdominals can be an important part of your remediation process. Want to get started? Let's begin with your Transverse Abdominis!

"The Transversus Abdominis (TA) is your deepest abdominal muscle. It runs horizontally across your

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Transverse Abdominus 'TA' Strengthening Exercise:



Instructions

- Lay on your back with your knees bent and your hands resting on your lower abdominals.
- Take a deep breath and relax your stomach as you breathe out, at the end of your breath contract your TA by drawing your stomach inward and upward slightly while you perform an anterior bladder contraction (as if you are stopping the flow of urine).
- You should not feel your abdominals bulge upward or any pain with this exercise.
- Hold this contraction for 10 seconds. Complete 2 sets of 10 repetitions, with a 1 minute rest between sets, 3 days per week, for 8 weeks

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stomach and when it contracts it acts like a girdle providing stability to the low back and pelvis. Research has demonstrated that TA contracts before all other abdominal muscles (Hodges PW, 1997), allowing TA to stabilize and protect your spine before the outer abdominal muscles produce movement.

Research has also shown that injury to this mus-

cle or to the low back inhibits the activity of TA. In the presence of pain, TA contraction is delayed (Hodges PW, 1996) which leads to a reduction in stability for the lumbar spine. Retraining the TA so that the correct motor pattern is restored is necessary to ensure full return to function." (Hayes, 2014)

Laura has been a member of the community of Mount Albert for the past twelve years. In 2013, Laura graduated from Georgian College with honours in Massage Therapy. She obtained her registration with the College of Massage Therapists of Ontario in 2014. She is now part of the team at Mount Albert Chiropractic & Wellness Centre (<http://www.drchadmorton.com>).

Mount Albert Sports Day 5K Run - Registration Open

This year's Mount Albert 5K Run, as part of Mount Albert Sports Day, takes place June 6, 2015.

Registration is now open!

Race shirts and race kits will be available for the first 300 registrants.

The race will start at 8:30 a.m.



sharp, rain or shine.

You are welcome to walk some or all of the course if you choose.

But please remember that the

course closes at 10am.

More information about the Mount Albert 5K race (including registration) can be found at: <http://mountalbertsportsday5k.ca>.

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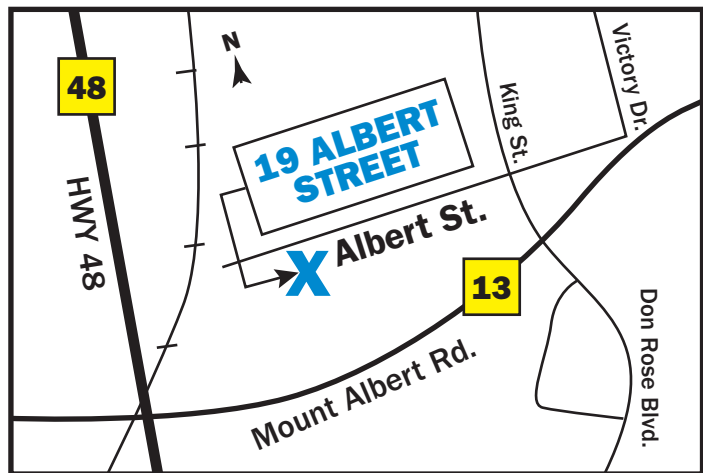
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