

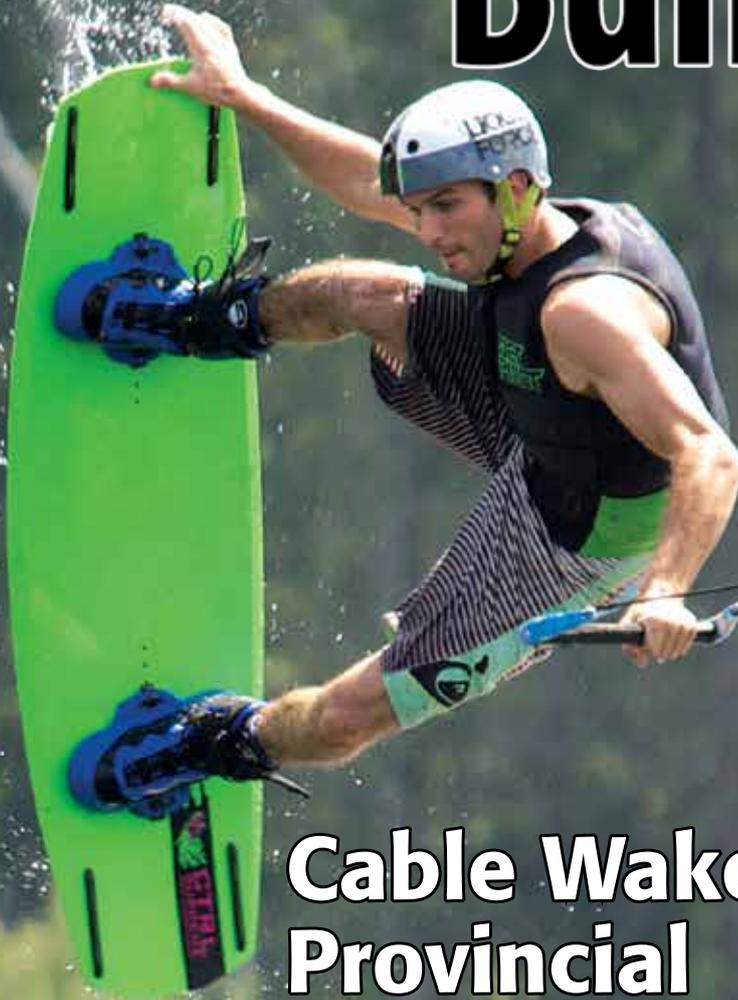
East Gwillimbury's

Bulletin

MAGAZINE

Since 1998

August 2014, Vol. 16, No. 6



Cable Wakeboarding Provincial Championships come to Mount Albert

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Inside:

East Gwillimbury
'Front Gardens in
Bloom' contest
winners announced.





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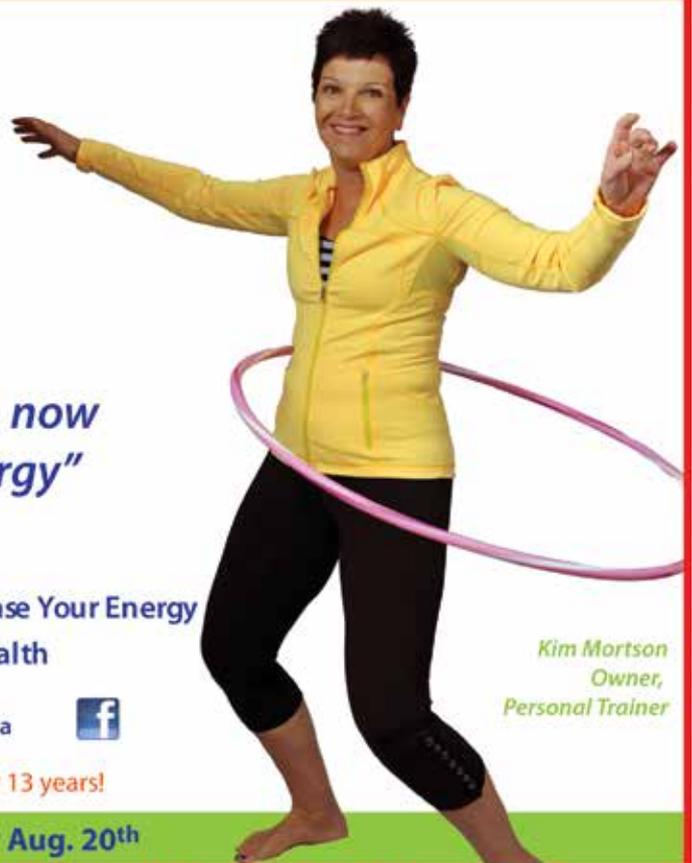
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Kim Mortson
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Be Fit, Eat Well, Live Life

It's been a great summer so far here in East Gwillimbury! Warm weather, just enough rain to keep the grass green, and a great selection of local farm fresh produce right in our own backyard. Did you know that fresh fruits and vegetables don't actually come from the grocery store? You can buy them there, most definitely. But they don't just magically appear on store shelves. Fortunately, East Gwillimbury has many local farms selling everything from strawberries, raspberries, apples, pies, jams, jellies, corn, potatoes, eggs, tomatoes, asparagus, lettuce, and much more! Visit these local farms and experience what they offer first-hand.

The best way to support The Bulletin is to support our advertisers. Without their on-going support we wouldn't be able to provide The Bulletin to you free of charge, directly to your mailbox. Thanks for reading, and remember: **tell them you saw their ad in The Bulletin!**

- Blair Matthews, Bulletin Publisher



Important Bulletin Deadlines:

Submission & Advertising deadline for September issue: August 23

Please note: the office will be closed from August 17-21,

but emails will be checked regularly.

Bulletin delivered to residents: September 4

Advertising Contact:

Blair Matthews, info@thebulletinmagazine.com

(905)473-3093



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East Gwillimbury's Bulletin MAGAZINE

Since 1998

www.TheBulletinMagazine.com

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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 - * NEW LOCATION *

7pm - Ross Family Complex (Seniors Meeting Room).

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.

AUGUST:

August 9, 7pm-9pm

Mount Albert & District Legion - August 9th, 2014

31 Princess St., Mount Albert.

Come out and enjoy a BarBQue on our Patio

Burgers & salads \$ 8.00

Banquet Burger & Salads \$ 10.00

Complete with Music & Prizes.

August 11-15, 9:30am-12 noon

Sharon Hope United Church Vacation Bible Camp

Come join us in our exciting Vacation Bible Church Camp themed "SonTreasure Island". Discover the values of Giving, Kindness, Caring, Forgiving, and Forever love from Jesus.

Please contact the office: sharonhope@rogers.com for your registration form. We look forward to taking your children on this adventure.

August 24, 1-4pm

7th Annual Back to School Bash

Sponsored by Lakeside Community Church of the Nazarene.

Lots of fun for the whole family — Zoo to You, jump castle, face painting, juggler, \$2 haircuts for kids under 12, FREE

COME AND MEET

PAUL TAYLOR

CANDIDATE

EAST GWILLIMBURY TOWN COUNCIL



SATURDAY, AUGUST 23, 2014

11AM- 2PM

8 BRADFORD STREET, HOLLAND LANDING



ENJOY A FREE HOT DOG & SOFT DRINK

school supplies (while supplies last), silent auction and more! All proceeds from haircuts, food sales and silent auction will go to support the Salvation Army Community Support Services Holland Landing Initiative. www.lakesidenazarene.com/b2sb Holland Landing Community Centre, 19513 Yonge St.

August 28, 9-4:30pm

Open House at Mount Albert Post Office

Postmaster Penny is retiring! Customers may drop in for refreshments and wish her a happy retirement! A well deserved send off!

SEPTEMBER:

Saturday, September 6, 10am-5pm:

Sunday, September 7, 10am-4pm

3rd Annual East Gwillimbury Chamber of Commerce Lifestyle Show 2014

Come visit this great event! The 14,400 sq. ft. ice pad will showcase many businesses from East Gwillimbury and its neighboring communities. FREE ADMISSION, EG Sports Complex, 1914B Mount Albert Road, Sharon, ON L0G 1V0.

Saturday, September 6, 8am-noon

Annual Fall Festival

St. James the Apostle will be hosting their annual Fall Festival at 18794 Leslie Street, Sharon from 8 a.m. - 12 noon. The festival will include baking, produce, books, and garage sale items as well as a barbeque with bacon on a bun.

Saturday, September 20, 11:30am registration

Beyond Abilities Centre 5th Annual Golf Tournament

Shotgun Start Golfing cost includes welcome bag, green fees, power cart and more! Prizes, draws and silent auction. To register call 905-478-2888 or www.BeyondAbilitiesCentre.ca. Don't forget to ask about The Briars weekend stay package! See you there and Happy Golfing!! Our mission is to build an integrated, multifunctional centre for families and individuals of all ages with disabilities, primarily for those with a physical disability. BAC provides a variety of recreational programs, as well as social and leisure opportunities, and has resources on funding, respite referral, workshops, and other special needs information. Thanking you in advance for your support!

Saturday, September 20, 9am-2pm

Colours of Hope 5K York Region

The Canadian Cancer Society Colours of Hope is a family friendly non-competitive 5k walk/run where participants come dressed in white and leave covered from head to toe in a rainbow of colour (non-toxic of course). Coloured

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powder will be thrown in the air as participants walk or run the path, and a massive colour party will take place at the finish line. For more information, visit cancer.ca/coloursofhope 905-830-0447 ext. 3833 \$40.00 until August 1st, \$50.00 until September 12, \$60 until September 19. Willow Grove, 11737 McCown Rd. Stouffville.

*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.*

New Feature Coming This Fall

Starting this Fall, we'd like to recognize individuals in East Gwillimbury who are making a difference in our community. We all know someone who goes a little bit above and beyond the call of duty.

Maybe it's a neighbour who has come to your assistance; or a local coach or parent who volunteers their time for a worthy cause. There are many in and around our area who are making a difference in the lives of others here in East Gwillimbury. If you know of someone who gives their time or is making a difference and asks for nothing in return, **NOMINATE** them today!

All you have to do is send us an email detailing who the person is, why you feel they should be recognized, along with their contact information and your own contact information (please ensure they live in East Gwillimbury).

We'll choose one person for each issue and we'll tell readers a little bit about them and what they're doing in our area to make life a little more enjoyable for someone else.

Please send information to us via email: info@thebulletinmagazine.com or mail: Playing With Words Specialty Publications, PO Box 1092, Mount Albert, ON L0G 1M0. Thanks!



@ Your East Gwillimbury Library

Children's Activities

Family Storytime

This program features stories, crafts, and activities. Ages 0-5. Free. Drop-in.

Holland Landing: Thurs., Jul. 3 - Aug. 21 @ 10:30am

Mount Albert: Tues., Jul. 8 - Aug. 19 @ 10:15am

Bedtime Stories

Ages 0 - 5 years FREE. Drop In.

Come out for stories, rhymes & songs.

Mount Albert: Wednesday, August 6, 20 at 7 pm

Eureka Club

This weekly club will get you busy with creative and hands-on projects, games and activities!

Ages 6 - 10. FREE. Please register.

Holland Landing: Tuesdays, August 5, 12, 19 @ 1:30pm - 3pm

Mount Albert: Wednesdays, August 6, 13, 20 @ 10:30am - 12pm

Maker Madness Workshops

Explore how to make objects using the most unlikely materials! Unleash your creative side at these hands-on workshops. FREE. Please register.

Holland Landing: Wednesdays @ 2-3pm

Ages 4 and up. Create with paper, recycled materials, and paint! August 13.

Ages 7 and up. Create with origami paper, duct tape, and more! August 6, 20.

Mount Albert: Tuesdays @ 2-3pm

Ages 4 and up. Create with paper, recycled materials, and paint! August 12.

Ages 7 and up. Create with origami paper, duct tape, and more! August 5, 19.

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.

Holland Landing: Tues., Aug. 5 & 19 @ 10:30 and 11 am

Mount Albert: Tues., Aug. 12 @ 10:30 and 11 am

Musical Instrument Madness

Come to the library for a jam session and discover the world of music through the creation of sound from simple items found in your home.

Ages 4 - 7. Cost \$1. Please register.

Holland Landing: Thursday, August 7 @ 2pm

Up, Up and Away!

Ages 6-9. Fee: \$1. Please register.

Come design your own logo to place on your Superhero mask and cape. Act out a play with your new Superhero identity.

Mount Albert: Thursday, August 7 @ 2 pm

Ice Cream Party

All ages. Cost: \$1. Please register

Make an ice cream sundae for our final celebration of summer.

Holland Landing: Thursday, August 14 @ 2 pm

Mount Albert: Thursday, August 14 @ 2 pm

Bee Bop & Dance

Ages 2 – 5 Free. Drop In.

Get moving! This action-packed program is filled with movement for little ones.

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www.carefreefootcare.ca

Mount Albert: Saturday, August 16 @ 10:30 am

Lego Club & Games

Ages 5+ years. Free. Drop In.

It's time to build! Get creative with Lego!

Holland Landing: Friday, August 8 & 22 @ 10 am - 12 pm

Mount Albert: Friday, August 15 @ 10:30 am - 12 pm

Builder's Club

Build all kinds of creations from unique and ordinary materials. Ages 5 and up. FREE. Drop-in.

Mount Albert: Friday, August 8, 22 @ 10:30am-12pm

Drama Kids

Ages 3-6 FREE. Drop in.

Practice new skills through games, songs, and activities.

Make a craft, too!

Holland Landing: Saturday, August 16 @ 10:30 am

At the Movies

Cool down this summer with a movie, popcorn and a juice! All ages. Donations welcome. Please register.

Holland Landing @ 2 pm

Friday, August 15: Rio 2 (Rated G; 101 min.)

Tweens and Teens Programs

Tween Scene

Ages 9 – 12 years. Free. Drop In.

RAINBOW LOOM!

Do you have a rainbow loom? Bring it to the library and loom with us! Elastics, instructions and help for making a charm will be available.

Mount Albert: Saturday, August 9 @ 10:30 am

Tween & Teen Summer Reading Club

Aged 9 - 18? You could earn a chance to win a \$10 gift card from iTunes, Chapters or Starbucks every week this summer! Write a short review of a book using our review form and submit it to us. You also get a mini-chocolate bar every time you visit. One (1) Grand Prize of a \$50 Chapters card will be awarded at the end of the summer.

Adult Programs

Computer Courses

East Gwillimbury Public Library is offering free group and individual computer classes. Registration is required for all but Tech Tuesdays and Thursdays. Please call Joel at 905-836-6492 for more information and to register.

Cinema Saturdays

Did you miss seeing these Southlake Cinemania favourites? Now is your chance! No charge, but a donation toward the cost of the license would be appreciated. This month see *Carnage*, a razor-sharp, biting comedy cen-

tered on parental differences (rated R).

Holland Landing: August 9 @ 2 pm - *Unfinished Song* (94 minutes; rated PG13). Call 905-836-6492 to save your seat.

It's time to plan for the 2015 East Gwillimbury Women's Show!

APRIL 25, 2015

The East Gwillimbury Women's Show is a home show that focuses specifically on women. The women attending enjoy an afternoon of samples and connecting with local businesses.

All proceeds from the event will be directed to the Southlake Hospital Regional Cancer Center. To date over \$42,000 has been raised for Southlake from the past 4 shows.

The show is held at the Holland Landing Community Center (19513 Yonge Street, Holland Landing, ON, L9N 1L8) from 10am until 4pm.

In past years, a large crowd was waiting for the doors to open well before 10am, and we expect the same for this show.

This year, our goal is to increase attendance, create more sponsorship opportunities, and thus raise enough to reach and even surpass our fundraising goal of \$50,000 for the Southlake Hospital Cancer Center.

Vendor spaces are now available. For more information or to book your vendor space, please call (905) 953-8980 or email egwomensshow@gmail.com.

www.egwomensshow.com



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The EG Farmers' Market...always fun!

If you haven't been out to the East Gwillimbury Market then what are you waiting for? Friendly vendors, fabulous produce and baked goods, and always something fun happening at the market. We're open every Thursday from 3 to 9 pm at the NE corner of Yonge Street and Green Lane – May 1 to October 9. Come on out and join in the fun.

Councillor Marlene Johnston demonstrating fruit carvings on Hawaiian day.



Fresh-baked goodies!

Filming an episode of Escapes With Nigel... called Farm to Market to Table. It will air in September 2014.



Arts at the Sharon Temple

DIY Shakespeare Presents:

Shakespeare Acting Workshops: August 9-14
(Featuring scenes from "Taming of the Shrew")

For more information, please contact:
James Evans - annescurse@gmail.com

This summer the troupe that brought you last year's short film "Anne's Curse" and "Richard III" at Fairy Lake presents:

"Taming of the Shrew"

August 23 - 2 pm (Open Dress Rehearsal)

August 24 - 2 pm

September 13 - 6 pm

September 20 - 2 pm

All Performances are "Pay What You Can"!

For more information, please contact:

Sharon Temple National Historic Site & Museum

18974 Leslie Street Sharon, ON L0G 1V0

(905) 478-2389 ~ info@sharontemple.ca ~ www.sharontemple.ca

September 5: Illumination

8 pm (doors open at 7:30)

Tickets are \$25

(includes light refreshments)

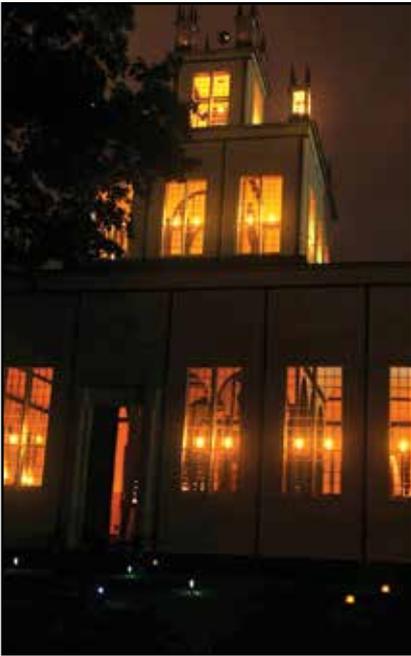
September 14: Roots & Rhythm Benefit Concert

1:30 pm - Tickets are \$25

Featuring: Woodhead, Cohen & Wild, and Chris Lowry

September 28: Weaving Words Festival of Stories

www.weavingwords.ca



A Unique East Gwillimbury Tradition

*by John McIntyre, Director/
Curator, Sharon Temple*

The annual Illumination at Sharon Temple is a unique East Gwillimbury tradition that draws visitors from far and wide.

On the first Friday night of September each year, the Temple comes to life with candles glowing in every window and a program which combines music and the spoken word, followed by cider and “Illumination Cake” out on the lawn. Illuminations began many centuries ago as a way to celebrate special occasions in the days when candles and lamps were expensive and evening hours were seldom broken by bright light. The Children of Peace, who finished building the Temple in 1832, held their Illumination as part of what we would consider an early Thanksgiving festival. At the beginning of September, the harvest would be underway, offering an appropriate time to pause, give thanks and celebrate.

The Children of Peace broke away from the Society of Friends (or Quakers) in 1812. They incorporated many innovations such as instrumental music, singing and a love of ritual and symbolism. The second floor of the Temple served as a musicians’ gallery, while the choir of the Children of Peace gathered at the centre of the floor below. The glow-

ing candles of Illumination evening stood for the light of God shining out to all people. Because of the luxury and expense of imported English glass, the tall windows were considered so unusual at the time that the building itself was sometimes referred to as “a temple of glass.”

A newspaper account of 1855 claimed that nearly 500 people crowded into the Temple for the Illumination that year.

The next day, a community feast was held. So many people—almost 1,000—showed up, that they ran out of food. The feast was held south of the Temple where a large Meeting House stood. Along with good things to eat, Feast days also featured music by the Sharon Band. According to the diary of Emily McArthur, Sharon’s first historian, one year a tightrope walker also entertained the crowd!

While there won’t be a tightrope walker, this year’s Illumination on Friday evening, September 5th (rain or shine), will feature the choir of Westminster Park Baptist Church in Toronto. Their director, William Maddox, will explain the unusual acoustic properties of the Temple, while Corey Keeble from the Royal

Ontario Museum will present a lively talk about the Temple in context with the architecture of the Italian Renaissance. (Italian Renaissance? Yes, right here in East Gwillimbury!) Gates open at 7:30, while the program in the Temple begins at 8:00 pm. Tickets are \$25.00, including light refreshments afterwards, and help support the work of The Sharon Temple Museum Society.

As this event is usually sold out, it’s best to purchase tickets in advance from the museum’s Gatehouse, at 18974 Leslie Street, or by calling 905-478-2389.

EAST GWILLIMBURY GARDENERS/ MT. ALBERT HORT SOCIETY

Tuesday, August 19, 2014
from 6:30 pm to 8pm, at the
Mt Albert Community Centre,
53 Main Street: The evening is
a Celebration of Gardens and a
Silent Auction.

Also there will be the Annual
Flower Show as well as the pre-
sentation of OHA service pins to
several members.

Refreshments provided by
the Mount Albert United Church
Women will be served. All wel-
come.

For more info call 905-853-
7126 or visit <http://www.gardenontario.org/site.php/mountalbert>

LOST CAT

Cat went missing July 9th.

Last seen near Summerhill
Road and Colony Trail in Holland
Landing. Grey short haired
Russian Blue named Buddy.

Micro chipped and wearing
a black collar with moons and
stars on it and yellow tag.

Can reach me at cassandraavis@rogers.com or 905-954-1141 if you find him or think you have seen him. \$100 reward for his safe return.



Where the Rubber Meets the Road

Sports Day Soap Box Derby doesn't disappoint

It's a cloudy Sunday morning and Main Street in Mount Albert has been transformed into a scene right out of the Molson Indy - minus the beer sponsor and the stench of diesel fuel. These local racers are every bit as motivated as they would be if there were motors attached to the cars they're navigating.

This is soap box derby racing at its finest.

In some parts of the world, soap box derby racing is serious stuff. In the United States, Soap Box Derby is a youth soap box car racing program which has been run since 1934. World Championship finals are held each July at Derby Downs in Akron, Ohio. Cars competing in this and related events are unpowered, relying completely upon grav-



ity to move.

So serious is the sport of soap box racing in the U.S. that in 1973, scandal erupted.

14 year old Jimmy Gronen of Boulder, Colorado was stripped of his title two days after winning the national race. Officials revealed an electromagnet in the nose of his

car. When activated at the starting line, the electromagnet would pull the car forward by attracting it to the steel paddle used to start the race. Gronen would activate the electromagnet by leaning his helmet against the backrest of his seat, which activated its power source.

Seriously.

It was also determined that chemicals had been applied to the wheels' rubber, giving the car a speed advantage. In the end, Gronen's legal guardian, Robert Lange, was indicted for contributing to the delinquency of a minor and paid a \$2,000 fine.

Back at the Mount Albert derby, the drama is building. Rhyder in car 13B has problems right out of the gate when the steering cable breaks, sending the car veering to the left and into the crowd. Half an hour later, the car is fixed and Rhyder is back on the launch ramp ready for another run. Unfortunately, 13B makes it to the end of the run, but can't brake and over-shoots into the ditch - done for the day.

For the others in the competition - Brody, Rogan, Nikolas, Lucas and Gavin - it's a relatively uneventful day behind the wheel.

A few hours later, Sports Day activities fade away and there is little trace that Main Street was a hub of activity just hours before.

Not even a single skid mark of tire tracks.



Above: Members of the KICKS Dance Studio performed. Below: The Girl Guides were out selling cookies in the vendor area. Below right: Volunteering at the Mount Albert 5K run.



Sports Day 2014 - Thank You to all who attended!

The 89th Mount Albert Sports Day & Spring Fair has come and gone but certainly not forgotten. The weekend was filled with excitement, fun for everyone and believe it or not, sunshine.

Beginning with the Community Appreciation Night on Thursday up to and including Sunday afternoon attendees were treated to the screams and laughter of the children as they rode the Campbell's Amusement Rides, enjoyed the performances by the dancers and children's entertainers, listened to the crack of the wooden bats as the ball teams competed for the overall Championship, enjoyed the Bands as they danced to the music in the Hospitality tent or strolling through the record number of Vendors in the Street Market.

On behalf of the Mount Albert Sports Day Committee, a huge Thank You to our community for your generous donations, your support and the time committed to help us celebrate another year. To the organizers of the many events, mere words are not enough to express our thanks for the time and effort

that you put into ensuring all ran well. To the many volunteers who manned the gates, sold tickets and worked the Hospitality tent shifts, helped with the park setup and take down, Thank You so very much for all your help.

To an amazing Sports Day Committee, thank you all for a job well done, for the many hours of sleep lost and for the smiles and cheery greetings each and every day over the weekend. This event would not happen without your dedication and your hard work and is truly appreciated.

Congratulations to all the participants and the winners in the many events and special congratulations go out to Sarah Hammond as she begins her reign as 2014 Mount ALBERT SPORTS DAY FAIR AMBASSADOR.

New members on our Committee are always welcome and new ideas gratefully accepted. Please come out on September 30th and consider being a part of the 90th Mount Albert Sports Day & Spring Fair.

- Stephanie Pollock & Cathy Morton.



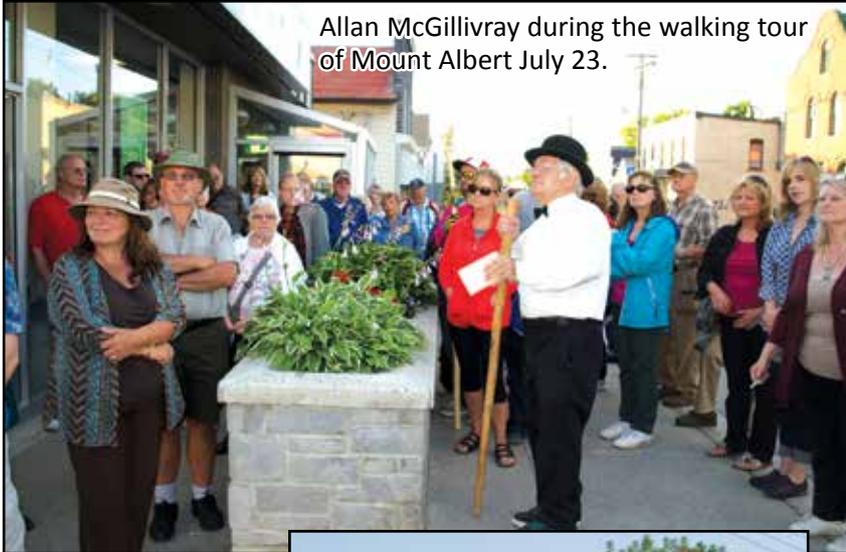
A walk into the 1800's

Try to imagine the place you live, as it was 100 years ago, 200 years ago. What did it look like then? Who lived there and how did it evolve becoming what it is today? What is the story and who cares? Those questions can be answered by historian and storyteller, Allan McGillivray. I spent the afternoon talking to him today about East Gwillimbury. Did you know Governor Simcoe named three regions, East, West and North Gwillimbury, after his wife's family, the Gillim's, in 1800? Sometimes, living in an area, we can get so caught up in everyday life we forget there is a rich history around us.

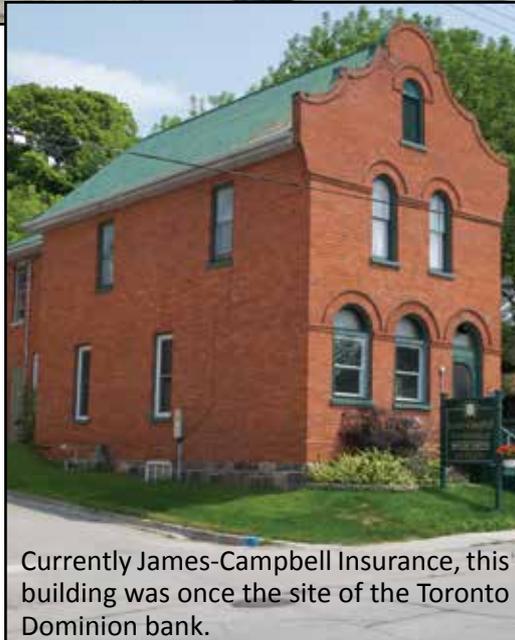
Mr. McGillivray is not sure everyone has an interest in local history. He thinks about genealogy, one of the fastest growing hobbies in North America today. People get excited about digging into the stories of their distant families and finding out how they became who they are today. He says we could think about local history as the genealogy of our community and how it came to be the place we live today. It grounds us in the present and in the future.

The Mount Albert Village Association has asked Mr. McGillivray, a historian with a particular interest and expertise in the East Gwillimbury area, to conduct historical walks in Mount Albert over the next few months. The first was July 23 at 7pm. I was not lucky enough to attend, which is why I visited him at home and asked what it was all about.

Allan has had a passion for local history ever since unearthing old dishes and building tools in the back



Allan McGillivray during the walking tour of Mount Albert July 23.



Currently James-Campbell Insurance, this building was once the site of the Toronto Dominion bank.

fields of his family farm as a boy. He shares his considerable knowledge and the stories of our town with everyone who is interested. You never know what you might learn. For instance, I didn't know that Mount Albert used to be comprised of 2 hamlets, Mount Albert on the hill and Valley Mills below the hill near the mill. That makes me wonder why Valley Mills Road in today's Mount Albert is on the top of the hill. I'll bet there is a story there.

Allan pursued his passion in teachers college by researching Mount Albert's history. In 1967 when the brand new Scott Central Public School replaced all of the 1 and 2 room schools in Scott Township, he took a job teaching there. Over the years he instilled a love of history in many of his students. Imagine his delight when he discovered the new school had kept the registers of all the closed schools. What

a wealth of information. He was able to go through the archives to put together a complete history of the old buildings which was displayed in a private museum in the township for years.

In 1978 he published a book about the churches of Scott and Uxbridge past and present. Well on his way to becoming an expert in everything about our area, he was hired in the early 1980's to be the curator of the Uxbridge-Scott Museum. It was through his work at the

museum that he began to do historical tours. His years in front of squirming students taught him to make history come to life and his incredible knowledge of the area makes a discussion with him feel like a step back in time. News clippings, archives, maps, journals and local lore make up the stories he tells and once you have heard him you will never look at your place on the map in the same way again.

Allan says, even people with an attitude that history is boring cannot sit still once they start hearing tidbits about their town and sometimes even their homes. In his experience, even they begin to ask questions after they have listened to the first few stories. East Gwillimbury was settled like most early towns in the area, around a stream where the mill was built, then a blacksmith next to it and then the hotel. So what do you think happened when the stream rose up over its banks? The decisions made in the early 1800's have shaped what we see outside of our windows. Some of those choices were based on logic and knowledge of the time and some were based on emotion. When you hear the stories you will be aware that no matter how things change, they actually stay very much the same.

If you took the July 23rd tour, lucky you. You probably already know the role the Toronto Nippissing Railroad played in moving the town ever so slightly to the west, or that the gravel used in the construction of Maple Leaf Gardens came on the train from a site just south of Sutton. You might have heard why Zephyr was emotionally tied to Mount Albert rather than to Uxbridge even though it is in Uxbridge Township and you probably know why the first post office was not in town at all.

Cars take us from home, to wherever we are going, so fast we can't see the signposts left behind by the past. We are no longer able to connect to the stories of our past. It is somehow fitting, that this tour of the town is done on

DID YOU KNOW ?

Facts from Allan:

- When Allan was a young boy, he remembers getting a calendar from a business in town called Jim's Plywood Shop. The calendar had different designs on each month for projects you could build using wood. One of the projects was a fancy toolbox. Allan decided he wanted to build this so in January that year, he and his brother got a toboggan, walked from their house on Durham 30 to the shop. Allan showed the plans to Jim and he cut out all the pieces - and the boys strapped them all onto the toboggan and pulled them home. Decades later, Allan still has that same toolbox.
- You've likely heard of the famous Tilley hats (a couple of people on the walking tour were actually wearing Tilley hats). The bank manager (1936-1946) at the Toronto Dominion Bank in Mount Albert was J.A. Tilley. He had a son called Alex who invented the famous Tilley hat and the Tilley Endurables line of clothing. Alex Tilley's parents are, in fact, buried in the Mount Albert Cemetery.
- The former Toronto Dominion Bank (now James-Campbell Insurance) was built at a cost of \$3,000. Allan has had a bank account in Mount Albert for more than 50 years.

foot, giving us an opportunity to stroll the paths and roads taken by those who built this community so many years ago. If like me, you were away and couldn't get out that evening, you will be happy to hear that there are likely to be more walks, one on a Sunday afternoon in September. For further information and to register, email or call Anne Wicks at the Mount Albert Village Association info@mountalbert.com.

For more information about Allan and the history of the area, email amcgillivray@xplornet.ca.

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.

Please Help: I have been hearing a lot about the 'sharing community' and how it builds community. Please email me if you are sharing anything in your life in a casual or organized way. Are you sharing a car, a ride, garden equipment, kitchen gadgets, farm implements, your home, your pets, your kids? Anything? I wonder if this old fashioned small town ideal has migrated to the big cities and left rural areas behind or if we are still on the cutting edge. If you share or know someone who does, email me at vickipinkerton@gmail.com

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Grade 8 Grad Car Wash, Mount Albert

East Gwillimbury Fire Fighters helped out Grade 8 students at Mount Albert Public School with their annual grad car wash back in June.



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New Mount Albert Fire Station

Ground was recently broken for construction of the new fire station in Mount Albert. Back in February, the original station burned to the ground. No injuries were sustained in the blaze.



Noah's Ark Preschool

We are now accepting registrations for September 2014.

Children are invited to join our energetic Christian based program of fun and learning.

Our preschool program is located in and operated by Sharon-Hope United Church

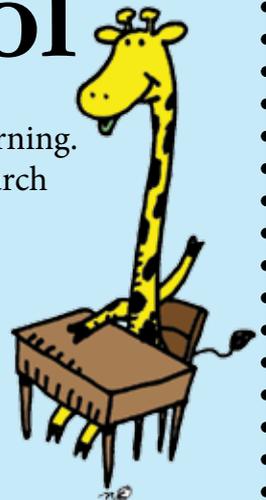
2 mornings per week 9-11:30am

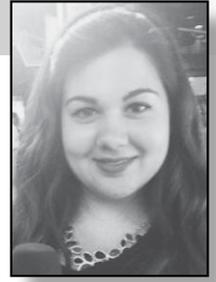
Mondays and Tuesdays

Noah's Ark specializes in preparing your child for the kindergarten classroom expectations.

For more information please contact the church office

905-478-2231





Your hands are your most prized possession

Your hands are your most prized possession, providing you with great and mighty strength or gentle and soft tenderness.

Used to simply greet a friend from across the street as you both pick up the morning paper and wish each other a good day. Used to grab the attention of a passing stranger who dropped their red wool scarf on a cold, wintry day – a scarf knitted by their grandmother and passed on from generation to generation with memories stitched within. Used to hail a taxi cab driving by so you can make your flight to the big city for a job opportunity you can't miss.

Whether they're tiny and brand new to the world with years and years of experience and life waiting for them to explore or old and frail with decades of wisdom and knowledge to teach and pass on, we can't begin to understand the extreme value of our hands.

A tool for doctors with which they save thousands of lives each and every day. An instrument for a writer in which he uses them to tell a story to millions across the globe. An asset to human beings so we can show affection and comfort to each other in times of need.

Different colours, many shapes and a multitude of sizes - they are represented in various ways but can all be used for great and almighty things.

To hold a dying loved one with as you say your final goodbyes and reflect upon the endless memories you've shared with them. To hold in holy matrimony as you stare into your partner's eyes and imagine the future that is to come for both of



you. To hold your new born with as their eyes first open and take their very first glimpses of the world around them.

To shake your business partners' hand with at the close of a very important deal that you've stressed over for nights on end. To sign your signature with at the bottom of the page so the house you and your family have been looking at for weeks can finally be called home. To pour a steaming cup of coffee with into the china you saved for a special occasion as you and your mother converse about life and the beauty of it.

To wipe the tears off your child's face with and put a band aid on their scrapes after they fell off their bike even though you told them not to go down that steep hill. To pluck strings with in the melody of your favourite song as you hum along to the rhythm and a crowd of over fifty listens in. To throw an old and ratty tennis ball with across the field as your playful golden retriever chases after it as if it will disappear when it hits the green grass. To connect

with the disabled, providing a way of communication and interaction so you can understand their wants and needs.

That spark between you and another when your hands first touch, and you know that there's something special there – the spaces between their fingers meant perfectly for your own.

A special place to hold safe and represent the love you have exchanged with that special someone, shiny and polished to show off to all of your friends and family.

Used to provide for, love and defend your family in times of struggle, praise and celebration.

To pray with at the end of the day for all the good you've been granted and blessed with.

To come together as a community, town, country and world and make each other proud with everything we accomplish as one.

The simple gesture of a wave goodbye or hello, a thumbs up or a pat on the back can mean the world to a stranger, friend or loved one.

Alone your hands are powerful, joined our hands are unstoppable.

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

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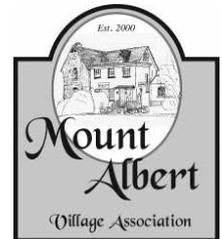


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Mount Albert Village Association NEWS



The first Mount Albert Historical Walk took place in July. Walks will resume on Sunday afternoons in September. Watch for details in the newsletter and on the website.

- An All Candidates Meeting is being planned. Details will be posted on the website.
- The Annual General Meeting is scheduled for Wed. Oct. 15 @ 7:30 pm at the Ross Family Complex (Seniors Meeting Room). There are a number of Director positions to be voted on.
- The Mount Albert Village Association E-Newsletter is available to all. Subscribe @ <http://www.mountalbert.com>
- The Mount Albert Downtown Revitalization project was launched in Fall 2013. The draft Mount Albert Downtown Revitalization Strategy and Community Improvement Plan has been reviewed by Town Staff, members of MAVA and the Economic Development Advisory Committee (EDAC). The intent is to have it finalized and endorsed by Council in the near future.
- Drop off your single use alkaline batteries at The Corner Décor & More, MSVA, Mount Albert Public Library and the Town of East Gwillimbury offices. The Family Place will resume in September.
- Details for the 4 levels of membership are on the website > <http://mountalbert.com/membership.php>. ALL memberships are up for renewal in October 2014. Notices will be sent out early September.
- Next meeting – Wed., August 20 @ 7pm. We meet at the Ross Family Complex (Seniors Meeting Room). All are welcome!

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

Find MAVA on Facebook and Twitter!

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 August 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 showed you the picture of a wall with faded YAMAHA HONDA letters on it.

Many of you wrote in with the exact information and background about this Sharon landmark.

It's across the street from Vince's Market (although who knows what will eventually become of the building since the business is no longer there).

This month we might have found a landmark you can't recognize!

WINNER of \$10 Subway gift card for identifying our June photo: Ron Dike.

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

LAST MONTH'S PHOTO



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More Geocaching Adventures in East Gwillimbury

By Blair Matthews

Now that the nice weather has arrived, these warm summer afternoons are perfect to do some geocaching in and around East Gwillimbury.

You might recall that I wrote about my first experience with geocaching in our February edition. At the time, it was right in the heart of winter - in our neck of the woods, definitely not prime geocaching weather.

Recently, I took a couple of days to reacquaint myself with the geocaching hobby - and what a fun time it was!

What, or who, is a geocacher?

In the world of geocaching a 'cache' is a hidden container that holds trinkets and a log book. The object of this secret game is to find the cache based on provided GPS coordinates.

When you find a cache, you sign the log book, exchange a trinket in the container for one that you've brought along with you, then you return it to its hiding place for the next person to find it.

Where are caches and how do you know how to find them? Start out at www.geocaching.com. On the main page it asks you to enter your postal code (or town, city, country, etc. where you want to find a cache).

If you have an iPhone or iPad, there's a great app from geocaching.com that makes everything so easy to navigate. The app will cost you a one-time fee of \$9.99, but it's worth every penny.

And just like that, you'll get a list of caches that are in your immediate area. Within a 20 minute drive in and around East Gwillimbury, there are hundreds of caches hidden.

One late afternoon in early July, we decided we'd go out and try to find a cache called *Sutton-Zephyr Rail Trail*, listed as "a nice 2km walk along a dry gravel surface ending at a missing bridge across the Black River. This now-abandoned rail line was originally developed as part of the Lake Simcoe Junction Railway. Later it became a part of the Grand Trunk Railway and



Some of the trinkets in the Millennium Garden cache.

finally was taken over by Canadian National Railway."

About 100 metres into the trail walk, we realized we'd done some poor planning. We carried a water bottle, iPad GPS, and a pen, but were swarmed by hoards of hungry mosquitoes. Our planned 2 km hike to find the geocache turned into a mad dash retracing

our steps back to the car as fast as possible (swatting each other and tripping over the dog as we went).

So for those of you thinking about geocaching in the summer, here are a couple of valuable tips: wear long pants, long sleeves, and use bug spray. Take something to write with. Bring along a little trinket that you can leave in the cache. I've left bottle caps, buttons, and sometimes even quarter horses (in 1973, the year I was born, the Canadian Mint released quarters that featured a Mountie riding a horse).

In my family, we always called the coins 'quarter horses'. When I was growing up, my dad collected these every time he found them in his change. Years later, he gave me a box full of them that he'd been saving. When I turned 8-years-old, my aunt (who worked at a bank), gave me a 'Happy Birthday' poster with the '8' spelled out using quarter horse coins.

So if you find some of the local caches and come across a 'quarter horse' from 1973, you'll know where it came from.

The official website of geocaching confirms that more than 6 million people call themselves geocachers. There are geocachers living in nearly every country on Earth. Geocachers are families with children, grandparents, techgeeks, photographers, hikers—anyone can be a geocacher. Geocaching offers a broad appeal, in large part because it's bound only by a location and someone's imagination.

A review of the rules to geocaching:

1. If you take something from the cache, leave some-



Some of the trinkets in the Sutton-Zephyr Rail Trail cache.

thing of equal or greater value.

2. Write your name in the cache's logbook.
3. Log your experience at www.geocaching.com.
But first you have to find one.

Our next geocache took us to Franklin Pioneer Cemetery just outside Mount Albert. It was an easy cache to find and virtually bug free! The adventure continued as we hopped back into the car to find a cache called 'Decommissioned'. This one was interesting because it was a cache where we had to park and then follow the old road that used to lead into Mount Albert (hence the cache's named Decommissioned). It was a short walk down the road to nowhere - but for us, it was the chance to explore a part of history that we drive by everyday but never really stop to think about it.

And more than anything, that's what geocaching is all about.

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*Bring this ad in with you to the Shades of Beauty Salon to receive \$10 off your first hair appointment.

It gives you a chance to explore parts around you that you might not have noticed before. Sometimes it's amazing the things that are hidden in plain sight.

A few weeks later, we took another crack at that Sutton-Zephyr Rail cache - this time wearing pants and soaked in bug spray. The bugs were still awful, but we made it through to the end and found the cache.

The trail was a nice hike, but the bugs made the trek less enjoyable than the others. That particular cache might have been more fun to search for in November before the snow flies.

If you're looking for something fun and FREE to do, I hope you'll take an afternoon to go out and find some of the geocaches that are lurking in your own backyard.

There's still lots of summer left, so get out there and enjoy it while it lasts.

Message from Marlene Johnston

It has been an honour and a privilege to serve as your East Gwillimbury Councillor.

I am seeking re-election on October 27 so that I can continue to serve you with dedication, honesty and fairness.

I offer experience, continuity, and persistence in speaking up for the taxpayer who cannot afford more.

Contact me: (905)830-1314 • Twitter: 1234marlene
marlenejohnston@rogers.com




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 The Pepper Shakers
 Show Opens at 3 pm, Music begins at 4 pm

Holland Landing Community Centre	
10:00 AM - 12:00 PM	12:00 PM - 2:00 PM
2:00 PM - 4:00 PM	4:00 PM - 6:00 PM

FREE ADMISSION

SEPTEMBER 20TH
 Reminiscing with Ken Blyth
 Show Opens at 12pm

SEASON FINALE LOCATION:
 Mount Albert Lions Community Centre
 5057 Mount Albert Road, Mount Albert




 Town of East Gwillimbury

Music at Civic Square

Last Concert of the Summer
August 19
Hotel California
Eagles Tribute Band



19000 LESLIE STREET, SHARON
 For more info, visit www.eastgwillimbury.ca


 Tim Hortons



2014 Municipal Election

Monday, October 27

You can vote early on the following advance poll dates:

**Saturday, October 11 (Thanksgiving weekend) & Saturday, October 18:
10 a.m. to 5 p.m.**

- Ross Family Complex
- East Gwillimbury Sports Complex
- Holland Landing Library (Holland Landing Community Centre)
- Harvest Hills Activity Centre

October 14 to October 21 (excluding the weekend)

Monday to Friday from 9 a.m. to 4 p.m.

- Civic Centre Front Hall Kiosk

Ensure you are on the voters list! Visit Voterlookup.ca

For all EG election information visit eastgwillimbury.ca/egvote2014



Holland Landing and
Mount Albert Lions Club

Lions' Family Fun Day
September 1, 2014
11 a.m. – 6 p.m.

East Gwillimbury Sports Complex
1914 Mount Albert Road, Sharon

**Carnival Games, Leisure Skate,
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Live Music, Food & More!**

Funding provided through the
East Gwillimbury Youth and Community
Initiatives Fund



Eureka!

Celebrate summer at the Library with the TD Summer Reading Club for ages 0-18, ice cream parties, builder and maker clubs, storytimes, and more . . .

Have a great idea for a library program?

Suggest it to us! Just fill out our program proposal form available at the library or on our website.



Holland Landing: 19513 Yonge St. 905-836-6492
Mount Albert: 19300 Centre St. 905-473-2472
www.egpl.ca

Arriving in
mailboxes the week of
August 18!

**Registration
Starts
August 20**

Fall registration deadline is September 8!

www.eastgwillimbury.ca/ireg

City of East Gwillimbury

FALL 2014 & WINTER 2015

COMMUNITY
**PARKS
RECREATION
& CULTURE**
GUIDE

FALL REGISTRATION DEADLINE: Sept. 8, 2014
WINTER REGISTRATION DEADLINE: Jan. 12, 2015

Register online with **iREG**

Green! **Community**

PARKS & RECREATION SERVICES OFFICE HOURS: East Gwillimbury Sports Complex, Monday-Friday, 8:30am - 8:30pm

Like us on Facebook: Town of East Gwillimbury
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Need 3 Ways to Visually Create Space?

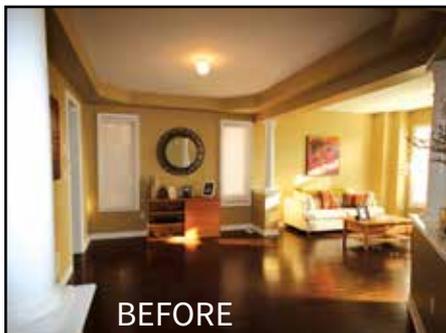
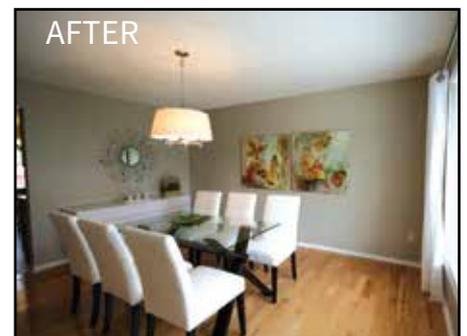
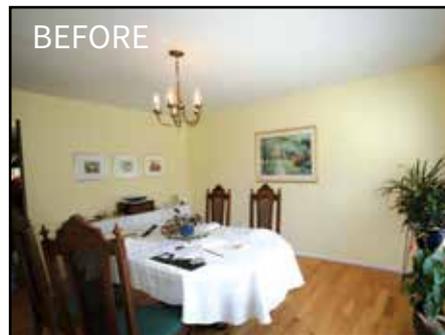
Sara wrote to me last month inquiring about staging her home for sale. She explained to me that her family had outgrown their space and they were looking to purchase a larger home to fit their needs. I hear this situation over and over during my consultations. I often explain that buyers are looking for a move in ready property that is bright, airy and spacious. Buyers are looking for “space” and it is up to a professional home stager to showcase a property that enhances its best features.

In this month’s issue I thought that I would share a few tips that I use in my staging business:

Paint the room a lighter colour – light coloured walls make a room feel larger and airy. The trick in choosing paint colours is to choose the right colour that works with the undertones of your flooring, furnishings, accessories and window coverings.

Let furniture help you – glass dining tables, glass kitchen tables and glass coffee and end tables can help make a space feel larger because they reflect light and help create more space. The right scale and style are also very important in making a room feel right.

Lighting is your friend – If you have natural light, let it in. Recessed lighting is attractive and practical if your property lacks lighting fixtures. Simply adding table lamps can also help brighten a space and make it feel brighter and larger.



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. Please join us at the 2nd Annual East Gwillimbury Home Show in September at the E.G. Sports Complex.



Summer haven is not a tax haven

Your cottage, or any other vacation property for that matter, can be an important part of your family life – and you might want to leave it to your family. But unless you're passing assets to your spouse, when you die, you're deemed to have disposed of all your capital assets at fair market value. If your cottage has appreciated in value, there could be a significant capital gains liability that could force your heirs to sell the cottage. These are some of the options you should consider to reduce the tax bite to your estate and your heirs:

- **Principal residence exemption (PRE)** You are able to make a principal residence exemption claim on either your city home or your vacation property as long as you meet the requirements. If your vacation home increases in value more than your city home on a per year basis, the exemption might be better applied to that property. However, if you have bought and sold several city homes over the same number of years that you have owned your vacation property and applied the PRE on those city homes, you will not be able to shelter the entire gain on your cottage.

- **Preserving the adjusted cost base** Another option for minimizing the taxable capital gains is to ensure that all additions to the adjusted cost base (ACB) of the property are fully accounted for. The ACB is not increased by sweat equity, only out-of-pocket expenditures – so keep your receipts.

- **Gifting during your lifetime** Instead of leaving property to your children through your will, you can choose to transfer some or all of it to them during your lifetime – through the outright gift of the property or by making one or more of your children joint owners (with or without you as a joint owner). This option does have a downside because it may trigger an immediate capital gain and life insurance is not an option for paying this tax.

- **Equalize your estate with insurance** One good way to cover capital gains and other estate debts – or to

provide an equitable amount of money to your other children should you decide to leave your vacation home to just one child – is with permanent life insurance. The death benefit is usually tax-free and can provide a ready source of cash that could prevent the forced sale of assets – including your cottage – to pay taxes.

It's a good idea to discuss your cottage tax issues with your legal and financial professional advisors to ensure they co-ordinate with all the other aspects of your financial and estate plan.

- *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. Investors Group Securities Inc. (in Québec, a firm in Financial Planning) presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances.*

Does back-to-school mean a wireless phone for your child?

Your child is asking for a cell phone on her back-to-school list. She's only in primary school but "everyone has one!" While there's no 'magic age' to get a phone, a 2013 MediaSmarts* survey found that 52% of students in Grade 7 have their own phone. If your child travels on his or her own and you need to be able to stay in touch, even if it's only for emergencies, it might be time.

If you do equip your child with a phone, you'll want to teach him or her how to use it responsibly. Here are a few tips from Rogers on how to set your child up for wireless success:

- **Set rules.** For example, you may want to instruct your child to keep their wireless phone in their backpack during school hours, to reduce the odds of it being stolen, or to avoid using it while their full attention is needed. Let them know the dos and don'ts up front.

- **Set usage limits.** Children can easily become engrossed in their devices. Establish clear rules around how and when their phones or tablets have to be off.

- **Let them know if the phone is purely for emergency purposes.** You can also limit their phone usage to text messages only. You may choose a light usage plan, or even a family share plan to stay within your budget.

- **Explain wireless internet isn't unlimited.** Give them an idea of how many calls and texts, as well as how much web-surfing they're limited to, in order to stay within your data allowance and budget. Rogers has a free online calculator that can help.

- *Source: NewsCanada.com*

Gaia Outdoor Child Care

Child Care offered on a 15-acre horse farm (on Hwy 48 just north of Davis Dr) with an emphasis on the outdoors.



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Mount Albert's Rail Yard Wake Park Welcomes Cable Wakeboard Championships

The Rail Yard Wake Park in Mount Albert hosted the Roots Wakeboard & Wakeskate AM Series Provincial Championships on July 13.

The Roots series is organized by a committee of long-time competitive riders who have taken the initiative to provide up and coming athletes the opportunity to excel through this competitive series.

All levels of riding from Newbie's 12 and under, Rookies, Intermediate up to Open categories. Girls, boys, women and men compete in both wakeboarding and wake skating (similar to skateboarding but on water). Tricks include: surface, air and feature jumps including rails, kickers, inclines, etc. With cable wakeboarding and wake skating there is no wake from a boat for tricks; cable parks have features in the water allowing riders to perform various tricks such as backrolls, tantrums, 360s, 7's and 9's.

The Roots series consists of 3 Boat Competitions and 3 Cable Competitions throughout the summer in Ontario, which lead up to Nationals in Winnipeg, Manitoba this year (for cable) and Bala, Ontario (for boat).

- Submitted by Christine Benns





29 Years Ago in East Gwillimbury - Part 1

The year was 1985.

Brian Mulroney was Prime Minister, Back to the Future was at the top of the box office (it was playing at the North York Drive-In), a tornado in Barrie killed twelve people, and Rick Hansen launched his *Man in Motion* world tour to raise money for spinal cord research.

Here's what was going on in East Gwillimbury at that time:

- While 'New Coke' (introduced in April 1985) was alienating cola drinkers across North America, The Pop Shoppe was taking advantage by running ads in many local newspapers reminding disheartened Coca-Cola fans that there were alternatives.

- Ed & Elizabeth Peterson started construction of a dome-shaped house just outside of Queensville.

Everything about this house was unique (or 'odd' depending on how you look at it).

The house was totally self-supporting, meaning it had no interior walls to support the structure. The foundation was constructed from wood instead of concrete. The Petersons purchased the prefabricated materials from a Minnesota company.



The pieces were even colour-coded to aid in the building process. Local residents took to calling it the "Queensville Dome". Anyone know if this house (that would now be nearly 30 years old) is still standing?

- In Mount Albert, a proposal was made for a new 18,000 square foot plaza on Hwy 48. The property was owned by Gladys Rolling. At the planning meeting, Rolling told the committee, "I think there's a genuine need for a food store in Mount Albert with good parking."

At the time, there was some red tape to wade through since municipal water and sewage lines did not reach the property. No 'high water' use business would be allowed in the plaza (such as a laundromat). Construction was to begin by the Fall of 1985. As residents of Mount Albert know, Food Land is the tenant that went into that location along with the Liquor Store.

- A puppeteer from the popular children's television show *Fraggle Rock* came to Holland Landing to put on a show. Tim Gosley presented his rendition of "The Ugly Duckling" for a packed crowd of adults and children. Gosley had

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been a professional puppeteer since 1977 and had worked for three seasons on Fraggie Rock. Later that year, Gosley also scored a major role behind the scenes in *Sesame Street Presents: Follow that Bird*. Not surprisingly, Gosley was, at the time, seeing a chiropractor because of the awkward positions a puppeteer must maintain in order to manipulate the puppets.

- Holland Landing resident Bryan Raine's replica 427 Cobra wowed the judges at "Speedorama 85" held at the CNE. Raine's car won the prize as Most Outstanding Sports Car. He built the car from a kit that took 200 hours to assemble.

The original Cobra was produced by Ford from 1962 to 1967. Originally, 1100 cars were made, and by 1985, only 80 were still in existence. In 1985, there were only 170 Cobra kit cars in North America.

- Boy Scouts from Aurora, Newmarket, Stouffville, Bradford, Sutton, Udora, Mount Albert, Sharon and Queensville gathered at a farm outside Uxbridge to plant 10,000 pine trees.

Nearly 500 scouts and their leaders spent 2 hours planting as part of their Trees for Canada movement in co-operation with the South Lake Simcoe Conservation Authority. Up to that point, Scouts in York Region had planted about 80,000 trees as part of the program.

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Park Fitness for Families

I had a baby just over a year ago and let me tell you, since then I have been nothing but busy! I used to make fitting in workouts a priority, but now getting to wash my hair seems like more of a luxury than a necessity and working out has slipped down the scale of priorities to say the least! BUT, I can't let exercise slip away completely! For one thing, that's just not who I am, but more importantly, I want to set a good example for my daughter so that she thinks active living and being fit is just what you do, that it's the normal thing to do. I don't want her to think it's a chore, a burden or something to dread. So with all that being said, where does that leave us parents who have little time to fit in a workout? The park.

Yes, the park. Almost every parent I know who has young children and is struggling with time management always seem to fit in a park visit with their kids. It's a necessity for most parents, we get outside and see other adults and the kids just love it! We have had beautiful weather lately and with any luck it's here for a couple more months, so why not take advantage of those visits to the park and fit in your workout at the same time? I started finding I was chasing around after my little one, climbing up steps to go down the slide, pushing her on a swing, trailing behind her in hopes to stop a terrible fall before it happens You know what I found? It's a lot of work. Enough to be a good warm up anyway.

So why not expand on that? There are benches there; what a great spot to do some push ups and tricep dips! Sure, I may not get in a full set before stopping to take wood

chips out of my daughter's mouth, but that doesn't mean I can't keep going after I do! She thinks it's funny when I do push ups and we play peekaboo behind the bench. To get a great shoulder and bicep workout I repeatedly lift her to the top of the slide, let her slide down and then do it again! Trust me 20 times doing that is a workout!

So what about lower body? There are so many different options but two of my favourites are walking lunges (I hold her on one side for one set and then switch for another) and "prisoner squats". These squats are usually done with your hands behind your head, but I make it a little more challenging by putting my daughter on my shoulders! It adds a bit of weight and she thinks it's hilarious! (It's really tough though!!! This is not a beginner move!) Just adding a couple sets of lunges, squats, push ups and tricep dips to your park visit will give you a full body workout and you didn't even have to change your schedule! You would be surprised by how much of a workout you can get done while your child is playing.

Try and set a goal before you head to the park. It may be different each time and may change in a second, but at least if you have an idea of what you want to accomplish before you get there you will be more likely to stick with it. Make it fun for both of you; like I said, push ups can be great peekaboo games, walking "Frankenstein" lunges (yup, pretend you're a monster, no need to be shy) while you chase your child are great fun, squats can be a great "let's sit down/lets stand up" game and for a shoulder workout nothing beats tossing your little one in the air

(carefully of course!). There are so many different possibilities!

The biggest thing to remember with a park workout is not to be tied to a strict routine. You may get in 12 push ups before your child wants you to push her on the swing or you may get two, it will all depend on the day. Try and set a goal of how many of each exercise you will do TOTAL, not just in a set, and stick to that number instead. The end goal is to be tired but energized, likely sweaty and feel like you accomplished something! When your child asks you what the heck you are doing, you can simply tell them this is how mommy and daddy like to play at the park! What a great way to teach them that being fit is fun!

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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You have it... now what do you do with it?

The problem is we suffer from anxiety from one extreme to the other.

Anxiety is what you feel in response to a threatening situation. You may experience anxiety as extreme fear in case of the phobias, overwhelming physical feelings in the case of panic attacks, or as a relatively constant feeling of unease and agitation. Anxiety comes in many different forms and can affect just about anybody from any walk of life.

Anxiety is not fun at all.

It can be one of the most painful emotional feelings. It can be extremely unpleasant and uncomfortable. Severe anxiety can really interfere with your ability to live a satisfying life. At its worst, you may find that your anxiety restricts your socializing, prevents you from doing your job, or stops you from leaving your house.

Some people become anxious, following a specific identifiable traumatic event. More often, however, anxiety slowly builds up without your being able to put your finger on a definite cause. Your doctor or health-care professional may have diagnosed you with an anxiety disorder, or you may recognize symptoms within yourself. It can be helpful to have a clear diagnosis of your particular type of anxiety problem. Common anxiety disorders include:

Generalize anxiety disorder is a condition of feeling anxious to varying degrees, almost all the time. People with this disorder often worry incessantly about the possibility of bad things happening to them or to their loved ones.

Obsessive-compulsive disorder, or OCD can take a lot of different forms, but is characterized by unwelcome intrusive thoughts and a compulsion to carry out elaborate rituals in an unrealistic effort to prevent feared events from happening.

Panic attacks often lead people to believe that they are having a heart attack, about to pass out or even die because the physical sensations are so strong. Panic attacks may occur in specific situations, or they could just seem to come out of the blue.

Phobias are specific fears of everyday things, or situations. Phobias are called irrational fears because the degree of fear experience is out of proportion to

the actual threat involved. People can develop phobias of nearly anything but more common ones include a phobia of crowded places, or being away from familiar areas where you feel safe; claustrophobia, fear being in a confined space, needle and the injection phobia, animal phobias and fear of heights.

Post traumatic stress disorder, PTSD is a state of anxiety resulting from a traumatic event, which was even life-threatening or significantly threatened a person's physical integrity. PTSD can come from witnessing an event that leads them to feel extreme fear and horror. Possible examples of traumatic events leading to PTSD may include traffic accidents, robberies, natural disasters, assaults, and war events.

Here are several weapons you can use against the threat of anxiety:

1. Be realistic about the probability of a threat/negative event occurring: it could happen, but it's not as likely as I imagine.
2. Put the badness of the threat/negative event into perspective. We call this tactic anti-awfulising: it's bad but not terrible, unfortunate but not awful, difficult but not disastrous, hard but not horrid.
3. Give yourself some credit for your coping abilities: It's uncomfortable but I can stand it, it's difficult to cope with but I can cope, it's hard to bear but is still bearable.

If you suffer from any of these symptoms that make your life hard to tolerate, you should seek help from a professional.

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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East Gwillimbury Crowns 2014 'Front Gardens in Bloom' Winners

Around East Gwillimbury you'll notice the familiar 'EG in Blooms Front Gardens' signs posted in selected front yards. These gardens have been awarded as the Top 50 in our area. Below is the complete list - some very creative and colourful garden designs this year!



Mount Albert

- 48 Royal Oak Road
- 9 Valley Mills Road
- 55 Alice Street
- 8 Victory Drive
- 12 Birchard Boulevard
- 34 Princess Street
- 42 Margaret Graham Crescent
- 19470 Centre Street
- 5 Hi-View Drive
- 32 Robert Hunter Crescent
- 69 Kingsgate Crescent
- 22 Royal Amber Crescent

- 67 Royal Amber Crescent
- 168 King Street
- 52 Princess Street
- 3 King Street

Queensville

- 91 Balmoral Heights

- 22 Fieldstone
- 23 Fieldstone
- 20192 Leslie Street
- 10 Milne Lane
- 20 Milne Lane
- 38 Milne Lane

Sharon

- 15 Arthur Hall Drive
- 61 David Willson Trail
- 73 David Willson Trail
- 6 Farr Avenue
- 18967 Leslie Street
- 35 Maplehyrn Avenue

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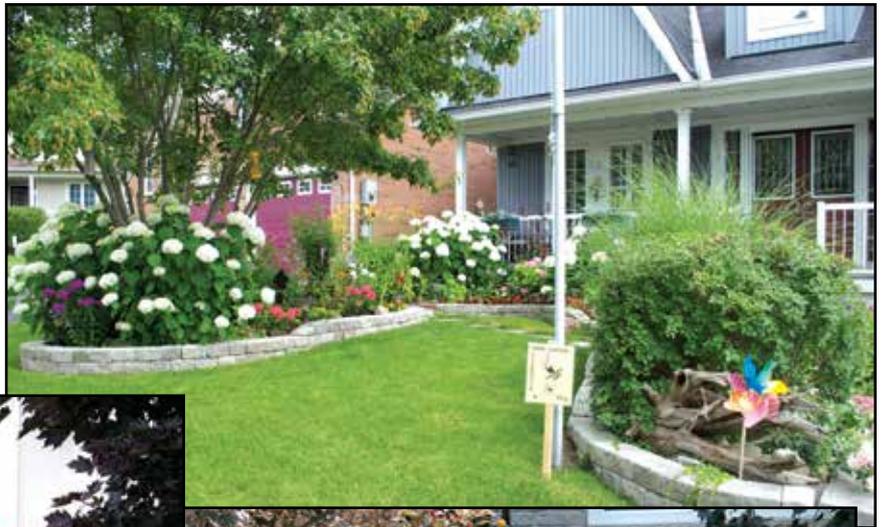
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53 Beckett Avenue
61 Beckett Avenue
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1 Brent Road
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114 Thompson Drive
170 Thompson Drive
40 Stonehill Road
7 Royal Cedar Court
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Newmarket Inn
438 Hill Street
17 Pegg Street
36 Centennial Road
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'Thumbs Up!' signs mark the 50 best gardens in East Gwillimbury

I hope you all are enjoying the summer weather and that your gardens are looking great. We have had our share of rain this year so we cannot be complaining of lack of water to our plants. I recently returned from a short vacation to find that my own garden had grown quite a lot but then so had the weeds.



Fifty of the Thumbs Up! Signs were handed out the first weeks of July to those whose front yard gardens were looking their very best to the judges who drove throughout the community. Congratulations to those that were chosen.

East Gwillimbury Gardeners invite you all to the Celebration of Gardens evening to congratulate the winners of the "Thumbs Up!" Signs from the East Gwillimbury in Blooms contest and Society volunteers for all their hard work on Tuesday, August 19th from 6:30 to 8pm at the Mt. Albert Community Hall on Main Street in Mt. Albert. Several members will also be receiving an Ontario Horticultural Association pin for their years of volunteer service to the Society. Those members are Inge Ruoff, Lorna Wong, Christine Owen and Ellen Power.

The refreshments will be provided by the Mt. Albert United Church Women.

We will be having a Silent Auction as part of the Celebration of Gardens organized by Pat Dimitrovski. This is a fund raiser for our Society so that we can provide future quality programming. Also on this evening will be the Annual Flower Show, a chance for members of the Society to show off the best of their garden plants and vegetables. Expect to see some stunning floral designs created by those who have been attending the design workshops.

East Gwillimbury Gardeners was awarded a Tree Grant from the Ontario Horticultural Society and a Silver Maple was purchased from the Town of East Gwillimbury for the playground in Queensville. The tree is in celebration of our 90th year as a Society. A

plaque is being made to put at the foot of the tree. There will be a ceremony to commemorate the tree when the plaque is ready. Past EGG President Anne Hill and Treasurer Ellen Power along with Mayor Virginia Hackson, and Councillors Cathy Morton, Marlene Johnson and Tara Roy-DiClemente were on hand for the official planting on July 8.

Continued on Page 35.

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Credit where credit is due

You may be thinking about buying your first home. You may be thinking about upgrading to your dream home. You may already have your dream home that you will never move from. Whatever the case your credit habits could have a huge impact on how much your home-ownership experience costs you.

In a nutshell your house will cost you less in the long run if you use credit wisely. It's the typical risk vs. reward scenario - if you are perceived to be a "good bet" then mortgage lenders are more likely to make their best offers available to you. Conversely if you have a tendency to miss payments or use more credit than you can seemingly afford then you will have to accept higher mortgage costs in order for a lender to "take a chance" on you. The difference could literally be \$1,000's and \$1,000's in interest and fees.

A home is usually your largest single financial commitment and your credit-worthiness is a big part of how much that financial commitment ends up being. Accordingly it would seem like a good idea to dig into how personal credit works and how to make it work for you.

Most businesses in Canada that extend credit to their customers make use of two main reporting agencies: Equifax and Transunion. Essentially such businesses are both suppliers and consumers of the credit information these two agencies compile. Not only do businesses use the information to make their own credit-granting decisions but they also provide the debt and payment information of their existing customers to these agencies for other businesses to similarly use.

With all of this information in hand the agencies assign you a Credit, or Beacon, Score. In the case of Equifax for example, 900 is the highest possible score but generally anything 680 or more is considered very good credit. While there are many factors that go into determining this score there are three factors that, if managed properly, will help put you, or keep you, in the "good bet" category. The great part is it's really quite simple and for the most part doesn't cost you any more money than what you are spending today.

First, don't have too much credit. Lots of open but unused credit cards or lines of credit is not necessarily good; the possibility that you could use all of them will be a concern to a potential credit-grantor. (Ten unused cards each with a \$1,000 limit can add up in a hurry if all get maxed-out suddenly.) Furthermore all those "extra" open accounts provide fraudsters more opportunity to make you their next victim. Identify what your regular ongoing

credit needs are, keep the cards/accounts that accommodate these needs, and close the ones that are left.

Also, do not go over the limit, even if it's only by a few dollars. (Unfortunately over is over regardless of how much over you are.) Similarly, maintaining a balance that is close to the limit is also not advisable. The percentage of the limit that is actually used matters. For example a \$450 balance on a \$500 credit card is 90% used. But if you can pay that down to \$300 you're now only at 60% used and in a much better position.

However, what if you don't have that \$150 right now? In that case consider asking the credit card issuer to raise your limit to \$750. If successful you will immediately drop to 60% usage (\$450/\$750) without taking a penny out of your pocket.

Finally, do not miss a payment no matter how little it may be and even if it's only the minimum required amount. Ideally you want to pay more than the minimum however if that's not possible don't simply skip it. Remember you are asking someone to lend you money on the basis that you will make the required payments. If your history suggests that you in fact do not make payments on your existing obligations, why would a new lender trust that you are going to do so now?

Even better, make more payments than you are required to, even if you don't increase the total amount paid: mathematically \$25 twice a month is the same money out of your pocket as \$50 once a month however the fact you are making more payments than required will work in your favour.

Regardless of whether you are buying for the first time, moving up to your dream home, or simply renewing your existing mortgage, making these slight modifications to your credit behaviour will help push your Beacon Score upwards and put you in a better position to secure the most advantageous mortgage products available.

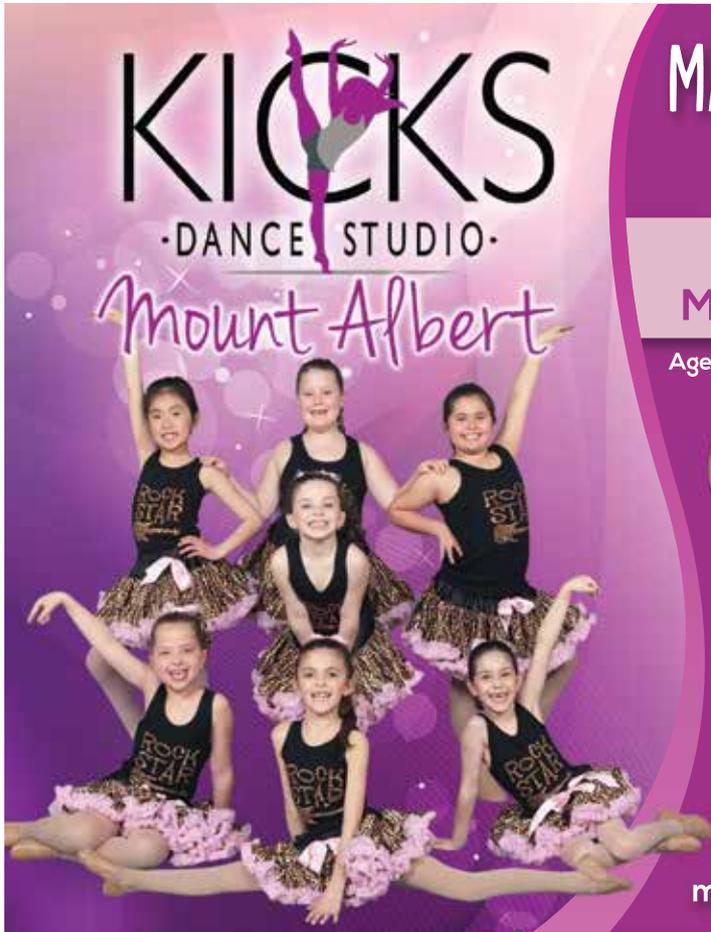
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Lee Lander is a Broker with Keller Williams Realty Centres Inc. Brokerage {Independently Owned & Operated} and has been an award winning, top producing, full time Realtor every year of her career. As a long term East Gwillimbury resident, Lee focuses her attention on the northern York and South Simcoe Regions, and boasts a vast list of satisfied customers and associates whose referrals make up over 95% of Lee's business activities. Contact Lee directly at lee@leelander.com.

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KICKS Dance Studio comes to Mount Albert

KICKS Dance Studio recently celebrated 30 successful years in Markham and is coming to Mount Albert this Fall! Classes offered in Tap, Jazz, Hip Hop, Ballet, Acro, Contemporary and more. Dance classes will be taught by Courtney Drake, KICKS Director and Choreographer for the Toronto Raptors Jr. Dance Team. Fall registration is now open. Register online at: www.kicksdance.ca/mountalbert or call 905-294-2618.



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Continued from Page 32.

East Gwillimbury Gardeners meet the third Tuesday of each month from February through to November at the Mt. Albert Community Hall on Main Street in Mt. Albert. Meeting time is 7:30pm. Refreshments are served. We hope that you will lug your mug. Come check us out.

Gisela Rolling contributed this reply when asked why she comes to the East Gwillimbury Gardeners meetings: "I enjoy the friendly atmosphere, sharing gardening experiences and learning. I have entered in some of the shows because I believe they create interest and I appreciate the feedback from judges."

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

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Going to the dogs... new movie filmed locally



If you were walking through parts of East Gwillimbury and York Region this past July, you might have suddenly stumbled upon a movie set! *Doggie Daycare*, an independent film directed by Matty Johnson (also from East Gwillimbury) has been filming on location in Newmarket, Aurora, and Mount Albert for the past few weeks. On July 29 - the last day of filming - some of the 60 local actors and their dogs took over Centre Street in Mount Albert shooting scenes outside the TD Canada Trust bank.

The premise of *Doggie Daycare*: When a beloved dog day care comes under threat of closure, its loyal guests and owners must work together to save their haven.

For more information about *Doggie Daycare*, visit their Facebook page: <https://www.facebook.com/DoggyDayCareOfficial>

Bursary program for 2014-2015

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Spicy Peanut Noodle Salad

No matter how much I promise myself that I'm going to cook and eat healthy over the summer, at some point it all seems to go out the window. Usually it's sometime after we've been away for a few days and there is very little left in the fridge and I can't think of anything I feel like making for dinner. This salad was my antidote to this problem recently. The recipe as you see it is full of ingredients that I had on hand but you can add any other veggies or other types of noodles you may have on hand. I love the addition of the kale leaves in the dressing – makes me feel oh so healthy after a week of burgers and potato chips!

Spicy Peanut Noodle Salad

Serves 6.

- 1 lb spaghetti noodles
- 3 garlic cloves, peeled
- 2 or 3 kale leaves
- 2-inch piece fresh ginger, peeled
- 1/3 cup smooth peanut butter
- 1/4 cup grape seed oil
- 1/4 cup soy sauce
- 1/4 cup water
- 2 Tbsp toasted sesame oil
- 2 Tbsp white wine vinegar
- 1 Tbsp honey
- 1/2 tsp dried red pepper flakes
- 2 medium cucumbers, peeled and cut into match sticks
- 2 or 3 finely sliced green onions



Cook the noodles until al dente. Cool the noodles under cold running water. Drain well in a colander and place the noodles in a large bowl.

Place the garlic cloves, kale leaves, ginger, peanut butter, grape seed oil, soy sauce, water, toasted sesame oil, white wine vinegar, honey and dried red pepper flakes in the work bowl of a food processor. Process until smooth.

Pour the dressing over the noodles and toss with the cucumbers and sliced green onions. Serve immediately or cover and chill until ready to serve.

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.



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Through the Hayes

My name is John Hayes and my wife, Julia and I own and operate Blackwater Golf on Highway #48. The golfing season is now in full swing, the greens are in terrific shape and we look forward to seeing you in the near future.

So, on to business. What's got up my nose since I last talked to you? Remarkably enough – quite a lot.....

In June, I was totally amazed to watch Hudack punt the provincial election. It was incredible. Just who are his Conservative's policy advisors and how can they be so far out of sync with the people of Ontario. Well, I guess its history now and we have to move on. Congratulations to Ms. Wynne who demonstrated her ability to run a successful campaign...

As usual, Hydro One is high on my list. What gets up my nose? Absolutely everything – what more can I say?

And now for the Government's idea of how to collect information from the masses..... Julia, my long-suffering wife, received a form from the Ontario Ministry of Health. The form is called "Random Verification of Doctor's Visit". Now someone got paid with tax dollars to come up with this form, some department head organized it and a selection of government workers will be paid to distribute this form. What the Government wants is to make sure that the doctors are only billing for services rendered and not just some "dummy" billings. So they list a date (several months in the past) and ask you to check that you actually had an appointment on that date. Now this is the funny part – they ask you to identify only if you DIDN'T visit the doctor on this day. On the other hand, if you met your doctor on that date several months ago, they ask you NOT to respond. The course of least resistance is simply to crumple up the form and pitch it into the big round file. This has to be the lamest method of checking the value of our health services. Just think, all these guys are getting paid handsomely and they get a gold-plated pension to boot. More coin down the Government's rat hole.

Another issue that's close to my heart. As you may know, the science community has been looking at the drastic die-off of the honeybee. It seems that there are big questions about the safety of neonicotinoids-based pesticides. Apparently this stuff is 6000 times as deadly as DDT and accumulates in the soil. These neonicotinoids are systemic and are meant to kill off insect pests on valuable cash crops. Unfortunately this stuff is an indiscriminate killer of all invertebrates. Europe has now banned this product group altogether. Ontario (who last year lost 50% of its honeybee population) at last is thinking that maybe they should ban neonicotinoids. This product is used to coat the seeds and is then sprayed onto the food we eat. Our farm producers are heavily dependent on it.

I have mentioned before that the Ontario pesticide authorities have asked me NOT to use a super weak mix of water and biodegradable soap to control lawn pests. They have advised me to use a product called Merit (neonicotinoid-based). It is beginning to look as though I may soon be vindicated. You know, sometimes the old ways are the good ways. Please look up Merit pesticide on the internet – you will be shocked. Trust me.

For all of you in Queensville, you must be pleased that the new water treatment plant, which is one odour unit from your backdoor, has passed its environmental assessment. Isn't that good news? Despite all the protests and angry public meetings, the plant has met all requirements. Just goes to show that once a Government plan is in place, it doesn't matter what the people think or want. Oh yeah – one odour unit is when only 50% of the residents of Queensville can smell the pong.....

Well, time to sign off – Please feel free to contact me at Blackwater Gold (905 473 5110) or contact@blackwater-gc.ca.

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